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Read Up — and Speak Up

In this and previous issues of the *Journal*, considerable space has been devoted to the forthcoming Biennial Meeting of the Canadian Nurses Association. The nurses of Alberta have told us the inspiring tale of the pioneer days and much has been said about what the West has to offer to the lucky people who are planning their holidays. Now perhaps a word should be spoken about the purpose of the Biennial Meeting and the responsibilities of those who take part in it.

By the time these words appear in print, most of the official delegates will have been chosen by their respective organizations. It is both an honour and a privilege to receive such an appointment and the nurses thus designated should, and doubtless will, take their duties seriously.

To begin with, all delegates should be thoroughly well informed concerning the various topics which are to be debated upon so that they themselves may take an active part in discussion. The tentative programme, which appeared in the April issue of the *Journal*, covers a great deal of ground. It might be helpful if each delegate were to examine it carefully and to ask herself how much she really knows about the problems which await solution. Above all, she should be conversant with the policies and activities of her Provincial Association. She will thus be in a position to judge whether or not her own Association measures up to the standard of achievement attained elsewhere. Every Province has something to teach — and something to learn.

The Canadian Nurses Association has already established an enviable reputation so far as its official deliberations are concerned. The reports are well prepared, brief and to the point. Discussion is frank, lively, and courteous. Too often, however, valuable time is wasted because speakers who really have a worthwhile contribution to make, are quite inaudible. In spite of the kindly admonitions of the presiding officer, they steadfastly refuse either to come forward, or to face the audience. Nothing will persuade them to follow the simple rule which governs all public speaking — "Keep your chin up, and address your remarks to the persons sitting at the back of the room". While all this may be charitably attributed to modesty, it is nevertheless a graceless failure to live up to the accepted rules which must govern any debate if it is to be fruitful and stimulating.

It is highly desirable that the privilege of debate should not be confined to official delegates. Many excellent spontaneous contributions come from the floor of the house. As a rule, these speakers are able to make themselves heard and do ask pertinent questions. But not always. Sometimes, an earnest soul who neither attends meetings nor reads the *Journal* asks for detailed information on subjects with which the audience is perfectly familiar. Precious minutes are lost before it dawns upon her that she has not done her homework and she subsides in confusion.

Do not let the fact that you are a young nurse deter you from expressing your opinions. The Canadian Nurses Association is a thoroughly democratic organization. Within its ranks there is room for nurses from every province in the Dominion — literally from sea to sea. Obviously there will be many differences of opinion which must be reconciled if there is to be unity of purpose. The British way of life is to seek unity by means of understanding. So let us read up — and speak up.

—E.J.

THE LESSER OF TWO EVILS

The *Journal* is indebted to Miss A. M. Munn, director of Nurse Registration in the Province of Ontario, for obtaining permission from Miss Ruth Pecker, Registrar for the General Nursing Council of Scotland, to refer to an episode which occurred in an Edinburgh centre while examinations for nurse registration were being carried on. Here is the story:

The Practical Nursing Examination was in session when suddenly the quiet of the autumn afternoon was shattered by the noise of bombs exploding near the Forth Bridge, and the roar of aeroplanes flying low at terrific speed over the city to the accompaniment of machine guns firing and shrapnel falling.

Examiner: (outwardly calm but nevertheless so startled inwardly that for the moment she had forgotten what question she had asked the candidate). "Nurse, I think there must be an air-raid, there is too much noise for it to be practice. Would you like to take shelter or carry on?"

Candidate: "I'd much rather get this over".

Examination continues according to plan.

To quote from Miss Munn's letter: "Evidently registration examinations are being carried on in accordance with pre-war rules and regulations and a mere air-raid can do nothing to upset the established routine of an Edinburgh classroom. There is something very reassuring about this, is there not?"

Yes, we think there is.

Assessibility of Health

E. Stanley Ryerson, M.D., C.M., F.A.C.S.

Health is a state that exists in living things. It does not occur in non-living things such as a stone, a mineral or a chemical substance, or in a dead plant, animal or person. Living things possess certain features which are characteristic of what we know as life. We do not know what life is but we do know its distinguishing qualities. These can be actually seen on the screen in a moving picture taken through a microscope of the simplest forms of living things consisting of one single cell, such as the amoeba.

A year or so ago I saw in Convocation Hall at the University of Toronto such a moving picture that had been taken by Professor Robert Chambers of New York. It was thrilling to see the circular body of an amoeba about the size of a saucer changing its shape and moving itself along, demonstrating the first characteristic of living things, that of movement. Then it bulged out at one spot on its surface producing a pseudopodium and this touched some material in its vicinity and then gradually this material was taken into the body of the amoeba, where some of it appeared to disintegrate and another part to remain apparent, only to be extruded later through its wall to its former location. Thus was shown the second characteristic of life—metabolism; that is the power of taking in material, breaking it down and absorbing its nutritious particles for the maintenance of its life and eliminating the waste products.

As the amoeba moved about, it appeared to be drawn towards some objects in the media and to withdraw from others. It seemed to possess a sense of feeling so that it responded to stimuli, or, in other words, to have a most elementary sense of consciousness of things in its environment, the responding to which is the third characteristic of life. The fourth characteristic is its power of reproducing other similar organisms. The amoeba in the picture showed some changes in its nucleus which continued until division into two segments took place, following which the whole cell protoplasm split apart and two new amoebae were to be seen. The experience of observing the processes of life in this minute microscopic body was most illuminating.

Other types of single-celled organisms in which life activities have been seen under the microscope are the leucocyte, bacteria and living body cells.

The life and state of existence of each living organism depends upon the forebears from which it has arisen, that is upon its heredity, and upon the environment with which it comes in contact during its life-time. An amoeba, for example, that arises from a high quality organism, a streptococcus that grows from a virulent strain of predecessors, a seed that is produced by a fine grade of plant, will all show evidence of the good quality of their origin and will in consequence have a structure of high standard and functions that perform efficiently, provided its life is lived in a satisfactory environment.

Environmental factors consist of such conditions as air, light, water, temperature, food availability, opportunities for functional activities and conflict with enemies or diseases. As the result of the effect of its heredity and environment, the state of the life that an amoeba lives will be affected as far as the quality of its structure is concerned and the efficiency with which its various functions are carried out. From a study of the quality of its structure and the efficiency of its functions and the harmonious manner in which these cooperate with one another, one can assess the degree of health of this particular amoeba.

The degree of healthiness of any living organism varies from birth to death, depending upon conditions within itself and the environment in which it is placed. If the quality of its structure is of a high degree of excellence and if each of its functions is being performed with great efficiency and they are working harmoniously with one another, then the organism as a whole can be said to be in a perfect state of health. If the contrary conditions are present, obviously either its state of health is very poor or its condition may be due to the presence of disease.

If the health of an organism is of such a nature that its degree can be assessed, then it must be a positive state of an organism. The failure to realize the truth of this fact has resulted in health being conceived of as a negative state, namely, a freedom from or an absence of disease. It is of the greatest importance that the positiveness of health should be recognized because the common practice of assuming it to be a negative condition has caused too great indifference towards efforts to investigate the factors concerned with either the preservation or the improvement of health in human beings. It is hard to become curious about an absence of disease in a person, or interested in studying a vacuum.

This attitude toward health in the medical profession explains in a measure the slowness with which disease prevention has permeated into medical practice. The idea that the better the health of a person can be made, the less likely is the person to be affected by disease, has yet to become recognized as a guiding principle either in the practice of medicine or in the education of the public. The maintenance of good health is the best means of preventing disease. The comprehension of the fundamental factors involved in this state, known as health, in a single-celled organism, such as the amoeba or a leucocyte, is possible for any person of ordinary intelligence, but the understanding of the innumerable factors involved in such a complex multicelled organism as a human being is a matter of the greatest difficulty. Only by its study and investigation by scientifically trained minds will its problems be solved.

Those engaged in the fields of agriculture, horticulture and animal science have discovered that, by scientific study and practical experiments, the quality of the health of crops, plants and domestic animals can be influenced for good or for bad. The importance of selecting seeds for crops and plants that are of a high standard in order to produce the best plants is now realized by farmers and gardeners. The part that the nature of the soil, the location, the use of cultivation, weeding, thinning, pruning, spacing and spraying, play in obtaining better products, is known and practised.

Among the recent experimental methods of growing vegetables is that of "water-culture" in which seeds are planted in a two-inch seed bed on fine meshed wire stretched over shallow boxes; this is kept moist with water containing the necessary chemicals for their growth. As the plants grow, their roots grow down into the nutrient solution and their stalks grow upwards. Both more prolific and better quality vegetables have been produced by this method. Similarly in the animal kingdom, the quality of chickens has been raised to a high standard by the hatching of eggs from pedigreed hens. Different methods of feeding and caring for the chickens are used according to whether the mature birds are to be used for egg-laying or for eating purposes.

Improvements in the quality of domestic stock have resulted from crossing pedigreed stock and by proper attention to their growth and development. Exhibitions and competitions are held to stimulate the production of better animals. Strange to say, the judges of horses, cows, dogs, etc. at these shows are men who have learned from practical experience the standards upon which the quality of the structure and the efficiency of the performance of the animals can be based. The judges are rarely veterinary surgeons who have been educated to detect and treat sick animals.

The raising of the standards of quality and performance, that is the health of crops, plants and animals, has been accomplished by scientific studies and experiments into their growth and development and the results obtained have more than justified the work, the time and the thought of the men who have given their lives to it.

Man is a living organism, a member of the animal kingdom. He begins from a single fertilized cell and his life-range extends through the periods of intra-uterine life, infancy, childhood, adolescence, manhood and old age. His body is composed of an innumerable number of living cells, each one of which is growing, metabolizing, reproducing and dying. Life exists in each cell and in the body as a whole. Inherited characteristics are frequently present in facial resemblance, colour of hair, the duration of life and the degree of healthiness. Environmental factors, physical, chemical, nutritional, mental and emotional, have an influence upon his body and its functions, causing it to keep constantly adjusting itself to variations in temperature, in food, in social and in many other environmental conditions.

The existence of what we know as "life" in man and his structures is responsible for the constant replacement of the cells and tissues and organs as they wear out. Many people do not know that they get an entirely new crop of hair every two to four years, of new eye-lashes every three to five months, and new nails every three to six months. Not only is the skin continuously shedding itself and being replaced by a new one, but this same process is going on in all the tissues of the body.

It is because of the characteristic of life of reproduction, that wounds, produced accidentally or by operation, heal; that fractures unite; that the lungs damaged by disease heal. The rate at which a man's body heals itself varies with his age, being most rapid in childhood and becoming progressively slower as age increases. The curious feature of this power of healing by the reproduction of ~~new cells is~~ that it stops when the damage is repaired. In this way, it differs from the growth of new cells that takes place in cancer, when the cells go on multiplying and increasing to such an extent that they overwhelm and destroy the healthy cells and structures in their vicinity. In cancer, as the cells go wild and ultimately cause the death of the person, they have been called "bolshevist" cells.

When all structures of the body are of good quality and performing their functions efficiently and harmoniously with one another, then it may be said that the state of existence known as health is present. Health is a positive individual personal condition and the responsibility for preserving it must be assumed by each one of us. In the last World War, medical officers were called upon to classify the soldiers in different categories in accordance with their degree of fitness for various grades of military service. *Category A* men were those fit for front line service; *Category B* were fit for service in the field behind the line and on the lines of communication; *Category C* for service in the home country; and *Category D* were those in hospital and unfit for any service.

Such a classification might be applied to people generally on the basis of their degree of health in relation to the kind of life they have to live. Nurses, for example, might on examination be divided into the following categories:

Category A.; those fit for nursing duties under any and all conditions. Their condition is such that they can stand up under any and every kind of stress and strain.

Category B.; those fit for nursing duties under ordinary conditions, but apt to break down when subjected to prolongation of hours of duty or to the care of especially difficult cases or to any exceptional conditions.

Category C.; those fit for nursing duties under limited conditions such as occur on certain wards with a small number of not very sick patients or when the hours of duty are short and rest periods frequent or in a convalescent ward or hospital.

When a nurse becomes unfit to perform any nursing duties, her inability to do so may be due either to a loss of health, D(1), or to the beginning of some actual disease, D(2), the diagnosis between which may be a most difficult one.

D(1); Loss of health: A nurse may become so physically fatigued from the nature of her work or from long hours of duty that she is unable to carry on; or she may lose her strength and weight from disturbed nutrition; or she may have worry and anxiety over seriously ill patients or find it impossible to keep up with her academic studies, or with the constant daily tension she is under, and in consequence be unfit for duty. The cause of her condition is a loss of health and not the presence of any disease. A period of rest or holidays, or the building up of her weight by suitable diet, or the provision of diversion from nervous worries, will frequently restore her sense of well being and enable her to resume her duties.

D(2); Beginnings of disease: The beginnings of certain diseases may show themselves by the same indefinite symptoms as loss of health and the diagnosis as to whether a nurse is suffering from a loss of health or the beginning of a disease is, at times, a most difficult one to make. For example, the early changes that occur in tuberculosis are those of loss of strength and pep, increasing tiredness, loss of appetite, and loss of weight. It is at this stage that the early detection of a lesion in the apex of the lung is of the greatest importance. The only person who is capable of making such a diagnosis is a doctor and he can only do so after a most thorough and careful examination. Instead of consulting a doctor, the nurse herself may ask for a short rest or holiday and return to duty only to have the condition recur in a more advanced stage. The responsibility for attempting to make a diagnosis in such circumstances should be undertaken by a doctor and by no one else.

E., A state of actual disease: Obviously when a definite disease exists, the nurse is under medical care and the diagnosis usually clear cut, and the appropriate treatment is given.

F., A state of convalescence: Having recovered from some disease, the nurse passes through a period in which she regains her strength, weight and health. The findings in this state are very similar to those found in the stage of loss of health.

The procedure to be followed in determining in which category a nurse is and the method used in ascertaining the fitness of a woman to begin a nursing course in a hospital are essentially the same. The doctor first takes a history of the individual, especially as to the different diseases she has had. Too rarely is adequate attention paid to the evidences of the good health she has enjoyed. In the examination of the person, a search is made for any indications of disease or of its after-effects in all her organs and structures, the assumption being made that health exists if no disease changes can be discovered. Health is thought of as freedom from disease, a negative state, rather than as one possessing definite positive characteristics. When a nurse is in training, although every effort is made to prevent her from contracting diseases by inoculation, immunization, etc., the importance of care in maintaining and improving the degree of health she has by every means possible receives too little consideration.

That health is a positive state, that it has certain measurable characteristics and that these can be assessed in the individual person is beginning to be realized. A few outstanding examples of scientific studies being undertaken for the purpose of establishing standards in health indicate that these principles are being recognized. A study of one hundred babies was begun about five or six years ago by the Child Research Council, consisting of twenty doctors and scientists, at the University of Colorado, in Denver. These babies have been examined every three months by every known clinical and laboratory method and much interesting data has already been published by Dr. Alfred H. Washburn, the director. The study is to continue until the children reach maturity. At the Pioneer Health Centre at Peckham, London, England, an investigation has been in progress since 1926, into the health of people of the lower middle class level. Examinations are made, on joining the Centre, of the members of families, no single individuals being eligible. The determination of the degree of health is the object of the examination, advice as to the restoration of deficiencies in health being given, but if disease is discovered, the person is sent to his own doctor or to a hospital for treatment.

At Harvard University, young men of university age are being examined for the purpose of replacing current suppositions by a body of facts. The study is being focused on the total constitution and personality of the student in an endeavour to discover the forces that lead to the attainment of health and success in his future life. The University Health Services at the University of Minnesota and a number of other universities are investigating the standards of health from all standpoints in men and women of young adult life.

The realization that health is a positive state of a person will necessitate changes being made in the education of the doctor, the public and the nurse. Instead of providing a knowledge of a subject, anatomy or physiology or psychology, the objective of the early part of the nursing course will be to give the probationers an understanding of the healthy individual from the standpoint of the structures that form the body and the functions performed by them. A knowledge would be required of the human body as a whole, its growth and development and the factors that contribute to the maintenance of health. Having learned the characteristics of the healthy person, she should then be capable of recognizing the signs and symptoms of disease in the sick person.

A knowledge of health and the healthy person would seem to be the obvious prerequisite to acquiring a knowledge of disease and the sick person.

In the Heart of the Rockies

Nancy Lyall

Little more than half a century ago, when the railway reached this beautiful spot, Donald Smith (Lord Strathcona, as he afterwards became) saw much that reminded him of his home in Banffshire, Scotland, so he called the little settlement nestling in the heart of the mountains, Banff. The Banff Springs Hotel, in its superb setting, is one of the finest in the world. The River View lounge, with a series of views of the valley, invites one to linger and look on what surely must be one of the most beautiful panoramas on this continent. There are sports in this happy valley for every taste. Do you like swimming? The warm sulphur swimming pools are one of the marvels of Banff. The "cave" has been preserved and the "basin" (the original swimming hole) is still there beside the up-to-date swimming pool.

Perhaps you would like to take a canoe and explore the Vermilion Lakes? With luck you may come across a beaver building a dam, or see the magnificent bull moose which frequents these waters to feed on the roots of aquatic plants. Or take the motor boat that makes daily trips up the river and see the towering mountains from a new angle. Your favourite pastime may be golf; here on the "mile high" course you will find sport fit for a king. Tennis and out-door badminton are also available. Horses can be hired and the pleasure of riding by a mountain stream, or through shady woods with beautiful vistas of the mountains cannot be described.

If you are a "hiker", imagine the enjoyment of starting out after a hearty breakfast, feet shod in sensible shoes, rucksack on back with lunch and camera, to walk with congenial companions up Sulphur Mountain. Besides the marvellous view from the top, you may see a family of mountain sheep; in fact the bolder ones may insist on sharing your lunch. A dip in the Upper Hot Springs swimming pool on the way down to take the "kinks" out, and home to a well earned rest and chat round the

Photo by Mrs. C. Coleman

Mountain Sheep by the Wayside

open fire, makes a well nigh perfect day.

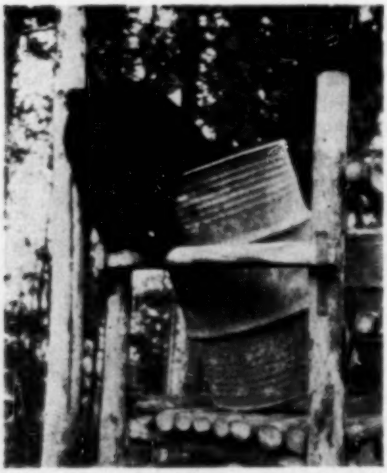
Here you can get into fine condition for rock climbing and Mt. Louis, one of the finest climbs in the Rockies, awaits the experienced mountaineer. The motorist has a choice of beauty spots which is almost bewildering. Lake Minnewanka, which looks like a Scottish loch; Johnson's Canyon, awe-inspiring in its beauty; incomparable Lake Louise backed by Victoria Glacier; Moraine Lake, with its beautiful colouring and majestic peaks. Emerald Lake, like the jewel of that name, is guarded by the everlasting hills.

The botanist will rejoice in the pageant of flowers. The purple calypso and avalanche lily come up through the snow, followed by the butterwort and wintergreen and many of the orchid family, some of them so small that the finding of them is an adventure. The slopes are bright with Indian paint brush; vetch and the bunch-berry make a gay summer carpet in the woods with promise of red berries and tinted leaves to make an autumn walk a joy.

The bird lover will not be disappointed. The soaring eagle, the busy woodpecker, the bold jay, and the dainty humming bird are only the highlights. The wild animals, secure in the knowledge that they are protected, will make your outings most interesting. Mountain sheep, poised on a grey rock by the wayside, like a group of fine statuary, will remain an unforgettable picture. A stately elk, head thrown proudly back, or a soft-eyed mule deer looking out from the edge of the forest is a frequent sight. The brown bear is often seen and his antics are most amusing.

If you come tired and weary from the rush and noise of a big city, you will find a healing peace here. Beside a zigzag path, through green woods with sunlight dappling the soft moss and past rocks patterned by coloured lichens till they look like a fine mosaic, the columbine and the purple clematis make the hillside a thing of beauty, and squirrels

Anticipation!



Realization!

Photographs by Miss M. P. Hendrie

chatter and scold at the intrusion on their privacy.

The Bow River, a deep blue, winds through green woods, dividing to make an island, which looks like a dark ship. At the extreme right the Spray River's tumbling waters join the Bow to become part of that blue symphony. To the left the Vermilion Lakes, a milky jade, gladden the eye and Mt. Edith is seen rising from the valley like a great monolith. Cascade Mountain, which all morning has been a clear cut picture against the sky, has donned a scarf, grey shot with gold, and Mt. Aylmer, with a bank of fleecy clouds winging off from its summit seems to be posing as an active volcano.

The Fairholm Range, which stretches across the Bow valley like a giant backdrop, has opened up in the afternoon sun, and we see peaks and depths quite invisible at high noon. Mt. Rundle, which dominates the right of the picture and looks like a giant wave petrified at its crest, has lost its grey solemn look and seems to be enjoying the play of light and shade on its sober sides. A sudden mountain shower, which is over almost before one realizes it has begun, brings a brilliant rainbow, which stretches across the valley, one foot on Tunnel Mountain and the other on Rundle.

The red roofed building in the near distance surrounded by cabins in the pines, is the Alpine Club House, headquarters of the Alpine Club of Canada and the Mecca of mountaineers from all parts of the world. Superbly situated, the views from its verandahs and windows are beyond description and its simple but dignified rooms and splendid library are very much appreciated by the members and their friends.

Then the evening sky is jewelled with stars, and there is a hint of frost in the air; we see the northern lights playing across the skies like powerful searchlights, — "the heavens declare the glory of God".

A Day's Work in a Rural District

Marjorie A. Rutherford

This nursing district comprises two townships in one of the oldest counties in the Province of Ontario. There are many interesting and historical spots and many books have been written by a famous author about this County. It is beautiful in summer, with its gentle hills, pleasant woods and sparkling streams and equally so in winter when covered with deep snow.

The district is almost completely rural, with only one town, which has a population of less than 2000, and six small villages. Mixed farming is the chief occupation of the rural people, but many of the farms are small and much of the soil rather poor so that incomes are low. In the town, about 35 per cent are on relief and here too, the economic situation is not good. There are no social welfare agencies in the County. As might be expected in this type of community, many physical defects are found among the people, the majority of which, if cared for at all, must be done at the expense of the municipality. Of necessity, only the most pressing are referred and help is rarely refused.

Today is a glorious bright sunny day in late February, and we must take advantage of this weather because in a few weeks when the roads start to break up, it will be impossible to travel anywhere except on the paved highways. From the end of November to the end of April, the roads are uncertain and no definite work can be planned in the country.

We leave the office at nine o'clock and drive ten miles to a school where an inspection of the fifteen pupils enrolled is given. This includes weighing; measuring; testing of vision and hearing; examination of skin, teeth and throat; and all parts of the body that can be seen without undressing. When this is finished, each child having a defect is discussed with the teacher and notification of all dental defects and any other gross defects is sent to the parent. In this school, there are three pupils absent, two are away for legitimate reasons, the other is reported ill but the teacher has no definite information and a home visit will be made. Seven out of the fifteen need dental attention and one child has defective vision. He is bright and quick at school work, but the teacher notices that lately he cannot see the board and complains of headache; his tonsils also appear abnormal, and in the last year he has had frequent colds.

Before leaving, an inspection of the school building and equipment is made and we note with satisfaction that our suggestions made last year have been followed, a jacket has been placed around the stove; the local Women's Institute is providing paper towels, which completes the facilities for proper hand washing procedure. Now it is noon and as it is much too nice to stay in the school for lunch, we drive down the road and have a picnic in the car. The combination of blue sky, white snow and evergreen trees is startlingly lovely and, with the warm bright sun and the happy chirping of countless sparrows and snowbirds, gives us that "spring feeling" as we enjoy a half-hour or so in the quiet country. A lazy comfortable feeling steals over us — but we must make the most of the day.

This section has been chosen today because of a request from an expectant mother who has been attending a class on home hygiene and care of the sick which is in progress in a nearby village. The last class dealt with maternity and infant care and prenatal care was especially stressed. The members of the class were asked to report any prenatal cases who might wish a nursing visit; at the close of the class this woman asked the nurse to call at her home and this was the day set for the call, with the usual provision if roads and weather permitted.

From our picnic spot, we have about two miles to drive. We cannot take the car up the lane so we walk up the narrow path through the fields. The nurse had requested the patient to keep the dog in today, — they cannot always be trusted as the friends they seem to be. It is the first visit to this house, and entrance is made easier through contact with the patient in the class. Immediately we are impressed with the neatness and attractive setting of the small whitewashed log cabin set snugly among the green fir trees. Long before we reach the house, the patient is at the door with a welcoming smile. The inside is as neat and clean as the outside, with two rooms down and two upstairs. The kitchen is the largest room and of course the one most used. We are shown to the parlor, but prefer the cosy kitchen where the kettle is singing; a big pussy is curled up in the old rocker and everything is so warm and friendly.

The husband is apparently an excellent farmer; they own this small farm and have put it into its present good condition by hard work and thrift. They have lived here four years and are now making a comfortable living. Our patient informs us that she had a baby two years ago but he lived only three weeks, and this coming baby is the first since. She is now four months pregnant but until she attended the home hygiene classes, she did not know the need for prenatal care. Her mother was with her for the last baby and she called the doctor just before the birth; the same procedure was planned for this time, but when she heard of the value of early care and the complications it might prevent, she wanted to know more about it. She admits that last week she "felt queer", her head ached, she was dizzy and in the morning she noticed her ankles were swollen, but these symptoms cleared the next day and she has been fine since. No, she has not seen the doctor, but is going tomorrow with her husband. She will take a specimen of urine and understands this is a routine monthly procedure. As suggested in class, she had her husband read over the chapter on prenatal care. He agreed that she should have an examination as soon as possible and they themselves planned this trip.

Her diet appears adequate. She uses sufficient milk (the cows are all tuberculin tested) and up till now, they have had their own turnips and cabbage, but the store is now reduced to turnips. We explain that by this time next year the new baby will also be on vegetables, and discuss the value of putting in a larger variety, stressing greens, the use of turnip and beet tops, spinach, chard, tomatoes, peas and beans and, for winter storing, carrots, turnips, beets and cabbage.

She has a layette from the last confinement which was inspected and which will be adequate when dresses and slips are opened down the back. She has never made pads nor prepared a baby's tray or basket, so on our next visit we plan to demonstrate these; in the meantime, she will save all jam jars with screw tops and paint them pink or blue. This is such a friendly happy home it is difficult to leave, but more calls must be made so back to the car and on to see the school child with defective vision and abnormal tonsils.

What a contrast to our last visit! The house is unpainted and the surroundings are barren and untidy. What will our reception be? Our knock is answered by a small cross--eyed child of about four years, who scurries for his mother when he finds a stranger. The kitchen is a medley of rickety furniture, dirty dishes and soiled clothes. The washtub occupies the centre of the floor and the nauseous steam rising from it is almost overpowering. The mother greets us rather sourly, reluctantly dragging herself from the washtub to swish off a chair. She is thin, tired and pale and has the general appearance of discouragement. After having learned the reason for our visit, the poor soul broke down in tears and poured out her story. Her husband died two years ago of pneumonia. She has six childen, the oldest a boy of sixteen and the youngest, a boy of four years. They have been trying to keep the farm going but it is almost too much for them. She has not been feeling very well for the last year, tires easily and has lost a great deal of weight. She tells us the boy we are interested in likes school and does so well she wants him to have as much "learning" as possible, but lately she has noticed him doing his homework with his head almost on the book and he seems tired and his appetite is poor. This has worried her as she has no money for medical attention. No, she does not receive Mothers' Allowance, never heard of it. She has tried to give the children an adequate diet, milk, eggs, vegetables and they have porridge every morning. The children have had no acute illness all winter, for which she is thankful as she has not paid the doctor for his services during her husband's illness. The preschool boy has always had cross eyes and the mother thinks they are getting worse. We assure her we will try to get some assistance and leave for the next call. In the car we make a note to:

1. Call on the family doctor re tonsils and to confirm cause of father's death, and, if indicated, get his consent to have the family examined at the next chest clinic.
2. Discuss with the Township Clerk the advisability of the patient filling in application forms for Mother's Allowance.
3. Make arrangements with the Institute for the Blind to have the school and preschool child examined by an oculist.

Our next call is to a tuberculous case. .There is no problem here but as it is unlikely another visit to this district will be made before two months, a check-up is advisable. This patient was in Sanatorium for two years and was discharged two months ago. He is on half-hour exercise twice daily and is a very co-operative and happy patient. We are always sure of a hearty welcome in this home as for months before his admission to San, the nurse made weekly visits to check on his progress and instruct the mother as to his care. Now he knows how to take care of himself and protect others. He has no cough, sputum or temperature and his room was arranged by the nurse before his discharge. He will be in to the Chest Clinic in May when his exercise periods may be increased.

It is now almost four o'clock and a

good time to check on the school absentee who was reported ill. He lives on the next concession — the road is none too good but passable if we are careful. Another long walk up a lane (the lanes are all so long in this district) to be met with a bounding, barking collie. Duty must overcome fear, so bravely on till the door is opened and Laddie is called off. This mother is known to the nurse and a friendly chat ensues. The mother says that the boy has had a bad head cold, eyes and nose running, but no cough. However, as a precaution, she has kept him in bed since Saturday, but has not called the doctor. There is a rise of temperature to 102 degrees. The pulse is fast and there are whitish spots on the inside of the mouth and the back of the throat is quite red. Immediately we think of the possibilities, and urge the mother to call the doctor and to keep the patient isolated, warm, protect his eyes from direct light and to force fluids. We explain that colds are infectious and are often the forerunners of other more serious conditions, and preventative precautions are discussed. We leave with the understanding that we shall call the doctor for a report in the morning.

A day's work done, except for a call at the office to make a complete change of the contents of the bag and to disinfect all equipment, following the last call. Almost back to the highway, we had to pass another car and somehow the front wheel goes a bit too close to the edge and we are stuck; but not for long as everything required for this kind of emergency is carried in the car and with the aid of the shovel, we are soon back on hard road, and the trip is completed without further trouble.

A PRODUCTIVE DEMONSTRATION

For the past five years, a most interesting demonstration in promoting community public health has been carried on in Eastern Ontario. This was known as the Eastern Ontario Health Unit and comprised the Counties of Stormont, Glengarry, Prescott, and Russell. The services rendered under the auspices of the Unit were so outstanding that at the termination of the five-year period the United Counties of Stormont, Dundas and Glengarry decided to carry on for themselves. The estimated budget is thirty thousand dollars, half of which will be provided by the Provincial Government. The approximate population is 90,000.

The staff consists of the medical officer of health, Dr. Murray G. Thomson, three assistant part-time medical officers, a supervisor of nursing, Miss Muriel V. Lowry, and eight staff nurses, of whom Misses Ora A. Lefler, Marjorie A. Rutherford, and Ola M. Dancause were with Miss Lowry in the Eastern Ontario Health Unit. The other staff nurses are Mrs. Muriel Hunter and Miss Glenna French (formerly with the Board of Health of the Town of Cornwall); Miss Marion J. Thompson (Toronto General Hospital, and University of Toronto Public Health Nursing course); Miss Margaret M. MacLachlan (University of Toronto School of Nursing) and Miss Elizabeth Petrie (University of Toronto School of Nursing). The staff also includes three sanitary inspectors and a clerk-statistician. The public health nursing programme will be a generalized one, and the nurses' will live in their respective districts. The Unit headquarters are in Cornwall.

The St. Lawrence Sanatorium, built by the United Counties during the demonstration period of the Eastern Ontario Health Unit, provides resident and clinic service to the area.

The encouraging outcome of this demonstration was due in a very large measure to the excellent work done by the nurses who took part in it. Of them it may truly be said that they "sold" the Health Unit to the community by means of their own capable service. The Division of Child Hygiene and Public Health Nursing of the Department of Health of the Province of Ontario has every reason to be proud of this outstanding achievement. The Department was most fortunate in having at its disposal the services of its Chief Public Health Nurse, Miss Edna L. Moore. Leadership of a very high order is required in experiments of this kind; Miss Moore brought to her responsible task the very qualities of courage, insight, and imagination which were needed to ensure success.

A New Association

The public health nurses of the Division of Public Health Nursing of the Department of Public Health, Toronto, have formed an association of their members to be known as the Public Health Nurses Association of the Department of Public Health, Toronto. The objects of this Association are:

To promote the standards and objectives of public health nursing, especially as they relate to the members' work.

To promote understanding, goodwill and esprit de corps among all the members.

To assist with, and promote staff education.

To assume responsibility for social activities.

To deal as indicated with matters relating to the welfare of the staff members.

Representatives from each of the ten units of the Division constitute the executive officers and committee conveners of the Association. The Executive

Photo by A. D. Skilling
ELVIRA MANNING

Members are: honourary president, Miss Elsie Hickey; President, Miss Elvira Manning; first vice-president, Miss Isabel MacLeod; secretary, Miss Margaret Winfield; treasurer, Miss Evelyne Van Lane; corresponding secretary, Miss Mary Gridley. The conveners of committees are as follows: education committee, Miss Pearl McGinnis; social and courtesy committee, Miss Viola Copp; ways and means committee, Miss Florence Conlin; publicity committee, Miss Marjorie Larkin. The archivists are Miss Frances Brown and Miss Janet Neilson.

This Association should ensure a democratic partnership in the work of the Division of Public Health Nursing and should emphasize the fact that all members of the staff are co-workers united for a common cause, namely, to bring to the community a high standard of public health nursing.

—Marjorie Larkin

Reader's Guide

At a meeting of District 5, Registered Nurses Association of Ontario, the members were privileged to hear a strikingly original address, entitled "The Assessibility of Health". The speaker was **Dr. E. Stanley Ryerson,** Assistant Dean, and Secretary of the Faculty of Medicine of the University of Toronto. Dr. Ryerson's conception of health as a positive state has many implications, but the direct application of this guiding principle to the safeguarding of the health of student nurses constitutes a challenge that no school of nursing can safely ignore.

Marjorie A. Rutherford is a member of the Eastern Ontario Unit of the Division of Child Hygiene and Public Health Nursing. After reading "A day's work in a rural district", it is easy to understand why the rural communities of Ontario are willing to support the health program carried on by the provincial Department of Health.

In her official capacity as the charming hostess of the Alpine Club House at Banff, **Mrs. Nancy Lyall** acts as guide, philosopher, and friend to those who come to rest from their labors or to explore new pathways in the heart of the Rockies. If you would like to share the amenities of the Alpine Club House write at once to Miss Eleanor McPhedran, 205-206, I.O.O.F. Building, Calgary, Alberta.

Besides writing a most intriguing article about "A Mountain Holiday", **Miss Jean Davidson** illustrated it by drawing an excellent map, indicating the position of the new highway between Banff and Jasper. Miss Davidson is a member of the staff of the School of Nursing of the Royal Alexandra Hospital, Edmonton.

Notes from the National Office give a summary of the important business transacted by the Executive Committee of the Canadian Nurses Association at a recent meeting. Additional information concerning plans for the Biennial Meeting is also made available.

Reports of the **Annual Meetings of the Provincial Associations** always make good reading. British Columbia and Ontario certainly have reason to be proud of their achievements during the past year.

Nursing Service, R.C.A.M.C., C.A.S.F.

The members of the Nursing Service, especially those who may be proceeding overseas, will appreciate the very kind letter which has been received from Dame Johanna Cruickshank, D.B.E., R.R.C., S.R.N., Matron-in-Chief, on behalf of the war organization of the British Red Cross Association and Order of St. John of Jerusalem, in which she writes:

> I hope very much that your nurses will look upon us as a professional headquarters in London, where they will always be welcome. We shall be very pleased to help in matters such as arrangements for hospitality during holiday leave or accommodation for those on sick leave, and also to give any further help you may require.

There are sure to be many occasions when the Canadian Nursing Sisters will gladly avail themselves of the hospitality so graciously offered.

How to Enjoy a Professional Convention

At the request of Miss Margaret Kerr, chairman of the Public Health Section of the Canadian Nurses Association, the following article is reprinted from the February, 1936 issue of "Public Health Nursing". The author is Miss Marie Swanson, supervisor of school nurses, New York State Department of Education.

1. Write to all your friends who might be planning to attend. Make your reservations with them so that you may have the enjoyment of social contacts without having to cut meetings or go long distances to meet the people you want to see.

2. Budget your expenses. Use travelers checks to avoid embarrassment and waste of time in getting personal checks cashed.

3. Pack carefully. Be sure you have all your toilet articles and supplies with you, as much time and energy can be wasted trying to buy a cake of your favorite soap in a strange place.

4. Utilize all reasonable opportunities to meet new people. Cultivate several of the most promising. Begin on the way to the convention.

5. Eat regularly and according to your usual habits. Sleep as much or a little more than usual.

6. Don't try to take in everything offered by the conference. Study the program. If meetings are held in various buildings, use a map to be sure your choices are geographically possible. Often sticking by the group most closely allied to your interests will give you more real satisfaction than you will get if you shop around for famous names.

7. If you haven't made it a practice to take notes, buy a five-cent note-book and begin to cultivate the habit by noting all the funny stories you would like to remember, fastening the printed programs and newspaper clippings of the meetings into the book. Gradually add more and more of the specific things relating directly to your own work which especially interest you. Build up a little library of these notebooks and you will find many uses for them.

8. Don't be disappointed if you don't get new facts. (You won't if you keep up on your reading.) Aim rather for the development of new attitudes, new appreciation of values, and a broadening of your human contacts.

9. If you want the conference to stimulate real growth in you, substitute for negative criticism of speakers the question, "What could I have added to that which would have made it better or how could I have changed it to improve it?"

10. When you become exhausted from sitting still listening, renew your vows that school children in your community shall not be subjected to such an "educational method".

11. Read a local paper every day. It will enlarge your appreciation of the community you are visiting, keep you in touch with world events, and furnish you with clippings of the meetings.

12. Capitalize your attendance professionally when you return. Through the account you give your local paper you have a good opportunity to bring before your local public some of the recent trends in your profession.

Obituaries

ELIZA LAMONT BEVERIDGE died on April 6, 1940, in West Vancouver, British Columbia. Miss Beveridge was a graduate of the School of Nursing of the Winnipeg General Hospital and a member of the Class of 1904. For many years she was the beloved director of the visiting nursing service offered under the auspices of the Margaret Scott Nursing Mission in Winnipeg. Miss Beveridge gave unfailing loyalty, devotion, and skill to the nursing care of the sick poor. Her life was a continuing inspiration to the young nurses who worked under her kindly and wise direction.

A memorial service was arranged, in old St. Andrew's Church, Winnipeg, by the Alumnae Association of the Winnipeg General Hospital. Editorial reference to this tribute was made in the *Winnipeg Free Press* in these words:

> Miss Beveridge's life is a chapter, a shining chapter, in Winnipeg's life, and she who never came forward to press her claims to any recognition, is accorded a place of honour by her profession who know that her record has become a part of their tradition.

MARGARET LECKIE GILLIES, beloved wife of Dr. B. D. Gillies died on March 26, 1940, in Vancouver, B. C. Mrs. Gillies was a graduate of the School of Nursing of the Royal Victoria Hospital, Montreal, and a member of the Class of 1901.

LILLIE ANNE MORRISON died recently in Vancouver, British Columbia. Miss Morrison was a graduate of the School of Nursing of the Nicola Valley Hospital, in Merritt, B. C. In 1926 she became a member of the nursing staff of the Trail-Tadanac Hospital, and in 1928 was appointed assistant superintendent, a position which (although on leave of absence) she still held at the time of her death.

Miss Morrison was held in high esteem by the members of Trail-Rossland Graduate Nurses Association, an organization which she helped to organize and in which she took an active interest. Her untimely death is sincerely mourned by all her friends and associates.

MARGARET O'SULLIVAN died on March 8, 1940, at her home in Guelph, Ontario. She was a graduate of the School of Nursing of St. Joseph's Hospital, Guelph, and a member of the Class of 1911. Miss O'Sullivan was the first president of St. Joseph's Hospital Alumnae Association and held this office for several years. She was a valued member of the staff of St. Joseph's Hospital for some time and her passing is deeply mourned by the members of the nursing profession.

MARJORIE TREFRY died recently in Truro, Nova Scotia. She was a valued member of the nursing staff of the Dalhousie Public Health Clinic in Halifax and will be sorely missed. Nurses who attended the Biennial Meeting of the Canadian Nurses Association in Halifax will remember with pleasure the nosegays of flowers which were given them by way of greeting. This happy inspiration was Miss Trefry's own. A tribute, paid to her in "Rainbows", expresses the respect and affection in which she was held: "Children who go to the Clinic to be examined for Rainbow Haven each summer grew to know her; and to know her was to love her because Miss Trefry was everything a nurse should be: sweet, gentle, warmly sympathetic, unselfish to a degree, and wonderfully capable. Her gentle influence will remain a fragrant memory in Dalhousie Public Health Clinic where her name is a benediction."

Ontario Public Health Nursing Service

The County of Oxford, acting upon a recent amendment to the Public Health Act of Ontario, has inaugurated a County School Health Service. The amendment passed at the 1940 session of the legislature provides for the employment by and at the expense of County Councils, of public health nurses for school health service, under the direction of the medical officer of health of each municipality. The service began on April 15 and the public health nurses engaged to develop a programme are *Miss Margaret Grieve* (senior nurse), a graduate of the Royal Victoria Hospital, Montreal, and the University of Toronto School of Nursing; and *Miss Sally Stillman,* graduate of St. Michael's Hospital and the University of Toronto School of Nursing. The Health Service Headquarters are in the County Court House, Woodstock.

Miss Marion J. Thompson, public health nurse in Fort Frances for two years, has resigned to accept a position with the newly organized health unit in the Counties of Stormont, Dundas and Glengarry.

Miss Margaret Grieve has resigned from the staff of the York Township public health nursing service to accept the position of senior nurse with the Oxford County School Health Service.

A WORD FROM A REGISTRAR

Miss Taylor's article, published in the February number of *The Canadian Nurse* on the auxiliary worker in the care of the sick, will be of special interest to all registrars. Experience in many centres has shown how true is her statement that "when demands are made upon any professional body and are not satisfied, some other group, lay or professional, is very likely to take the matter in hand." There is a definite place in the community for these workers and it would seem to be the responsibility of the professional registries to supply this demand.

Speaking for conditions pertaining in Manitoba at the Nurses' Central Directory in Winnipeg, seventy practical nurses are registered; their experience ranges from six months hospital training to that of graduates without registration. We consider it much better that we, and not some outside agency, should have some measure of control over this group. A list of home helpers is also kept.

The registered nurses occasionally criticize the Registry for registering practical nurses; they evidently think that it takes cases away from them. However, they themselves will not go into the homes to do the work now being done by the other group for the fees charged by them and which is all many people can afford to pay. In any case, much of this work does not require the skill and knowledge of a registered nurse.

In Winnipeg, as in other centres, too many women calling themselves practical nurses, though without any training whatsoever, are working in the homes. This will continue until we have legislation requiring that all who nurse the sick for hire shall be licensed. This is the only way in which the public can be adequately protected.

We are trying to impress upon the doctors and the public the advisability of calling the Directory when in need of a subsidiary worker, so that we can vouch for their training and experience, thus doing away with the danger of employing the completely untrained woman. The more we succeed in meeting the various demands of the public, the more are we of real service to the community.

—PEARL BROWNELL,
Registrar,
Manitoba Nurses Central Directory

AT WORK IN WEST CHINA

Word has been received from Miss Dorothy E. Fox, who sailed from Victoria on November 18, that she has arrived safely in Chengtu, West China.

Miss Fox graduated from the School of Nursing of the Toronto General Hospital in 1929, and was president of the Central Registry of Graduate Nurses in Toronto for two years. She also served as president of the private duty group of the Toronto General Hospital Alumnae Association and, at the time of leaving Canada, was chairman of the membership committee of District 5, Registered Nurses Association of Ontario. The need for nurses in China is urgent and we know that the Nurses Association of China will receive the same loyal support from Miss Fox that she gave to professional organizations in her home district.

—IRENE WEIRS

Notes From the National Office

Contributed by JEAN S. WILSON,

Executive Secretary, The Canadian Nurses Association

Executive Meeting

The Executive Committee of the Canadian Nurses Association met on March 2, 1940, in Vancouver, B. C. Those in attendance were Miss Grace Fairley, President; Misses Cavers, Duffield, Innes, Kerr, Teulon and Sanderson of Vancouver; Miss A. J. Macleod of Edmonton, and the Convener of the Arrangements Committee, Miss Kathleen Connor, of Calgary, Alberta.

The President announced that the First Vice-President, Miss E. L. Smellie, has been appointed as liaison between the Canadian Nurses Association and the Department of National Defence. This arrangement received the cordial approval of the Director General of Medical Services.

The Auditor's Statement for the year 1939 was received. This statement, as well as that for 1938, will be submitted to the General Meeting.

Reports of Study Committees active during 1938-1940 were received and referred to the Provincial Associations for consideration prior to the General Meeting. These studies include (1) proposed incorporation of the Canadian Nurses Association; (2) proposed renaming and re-organization of Sections and (3) proposed appointment of a national field secretary. Also a number of resolutions for presentation at the General Meeting were received and referred to the Provincial Associations.

Arising from reports from three special committees: (1) Florence Nightingale Memorial, (2) Scholarship Award and (3) Exchange of Nurses; the Executive requested these committees to consider the question of bursaries, as proposed by the Scholarship Award Committee, and to submit a joint report with specific recommendations as to the number (if any) of bursaries and the amount to be granted so that, as proposed by the Exchange of Nurses Committee, "the demand for interprovincial exchange and periods of observation may be discussed by the Provincial Associations of Registered Nurses". (A joint meeting of these special committees will be held in Calgary on June 24, 1940.)

Telegrams were read from the convener of the Committee on Eight-hour Duty for Nurses and the Executive Secretary to the Minister of Education in British Columbia, congratulating the British Columbia Legislature on bringing forward a report on hours and working conditions for nurses and expressing the hope that the recommendations in the report will be put into effect at an early date.

Guidance Pamphlet — this pamphlet, prepared by the National Committee on Education, is to be published for distribution to high school girls who wish to enter the nursing field. The distribution of the pamphlet will be through the Provincial Associations.

The Sections, Private Duty and Public Health, reported that summaries of questionnaires distributed by these Sections will be included in their respective biennial reports for the General Meeting. The Nursing Education Section reported progress and stated that the Instructor's Group, Edmonton, had assumed responsibility for revision of the minimum curriculum in use in schools of nursing in the Province of Alberta.

The reports from the Provincial Associations are briefly summarized:

The Alberta Association of Registered Nurses now have eight District Branches. Five local Graduate Nurses Associations have reorganized as District Branches, while three centres not organized previously have each formed a District Branch. Home Nursing Classes continue satisfactorily, sponsored by the Alberta Association of Registered Nurses and the Alberta Division of the Canadian Red Cross Society.

The Registered Nurses Association of British Columbia arranged for an Educational Travelling Unit to visit the Island of Vancouver early in March. An effort is being made to hold a Summer Refresher Course especially for supervisors, head nurses, etc., in public health nursing and hospital administrative positions.

The Manitoba Association of Registered Nurses upon receiving the Report of the Survey of Schools of Nursing, adopted the following resolution:

> Whereas there is need for a broad programme of public education and need for advice and support from leaders outside the nursing field and need for a special Provincial Committee to define educational policies, it is recommended that a special Provincial Committee on Education be set up to consist of: an administrator of a hospital, a superintendent of nurses, an instructor of nurses, the Superintendent of Education for the Province of Manitoba, a representative from the Senate of the University, a representative from the Local Council of Women, a representative from the Manitoba Hospital Association and a representative from the United Farm Women of Manitoba.

This Committee has been appointed and will be ready to function at an early date.

The New Brunswick Association of Registered Nurses now has ready a new Act of Registration for Nurses for presentation to the Provincial Legislature, passage of which is anticipated during 1940. Also, the by-laws are to be completely revised. The Instructors Committee has prepared a course in Community Health. The co-operation of the Provincial Department of Health will be requested to present the course to student nurses. Adjustments in the course in chemistry have been recommended.

In the *Registered Nurses Association of Nova Scotia* all Committees as well as all Local Branches are active. First-aid courses in several centres are well attended. The annual meeting is to be held in the Y.W.C.A., Glace Bay, N.S., June 6-7, 1940.

In the *Registered Nurses Association of Ontario* intensive study is underway by special committee on the formation and re-organization of Registries. District associations and all standing and special committees are active. Loans from the Permanent Education Fund are being repaid satisfactorily.

The *Registered Nurses Association of Prince Edward Island* has arranged a refresher course in tuberculosis and mental health for June 11-13 in conjunction with the annual meeting in

1940. Until recently this Provincial Association had no occasion to consider the intrusion of the subsidiary worker; the latter is now making some advance in the Province. The Florence Nightingale Memorial Fund of the C.N.A. is to receive the customary annual contribution of $50.

The third series of lectures arranged within the past year by the Private Duty Section of the *Association of Registered Nurses of the Province of Quebec* were well attended. All Sections are active. Two scholarships were offered for the year 1940-41. The annual meeting is to be held in Victoria Hall, Westmount, May 9-10, 1940.

A Refresher Course held by the *Saskatchewan Registered Nurses Association* in March included study of subjects of interest to nurses in all these Sections. The first course of lectures in public health nursing, sponsored by the Provincial Department of Public Health, has been given. This course was made available to students in all schools of nursing.

Syllabus for V.A.D. Training

As reported in these Notes, in February 1940, the sub-committee of a Joint Committee of the St. John Ambulance Association, the Canadian Red Cross Society, the Canadian Medical Association and the Canadian Nurses Association has been appointed to prepare a syllabus for advanced training for V.A.D. work. The sub-committee consists of the following members: Miss E. L. Smellie, convener; Miss Jean Gunn, the Red Cross; Matron Pense, the Military Hospitals; Miss Todd, St. John Ambulance Association; Miss E. Frances Upton, Canadian Nurses Association, and Miss M. Blanche Anderson, secretary.

General Meeting

An outline of the program for the General Meeting which is to held in Calgary, Alberta, June 24-29, 1940, was published in the *Journal* for April. In the same issue there appears information concerning travelling facilities.

Recently the Committee on Arrangements announced tentative plans by the nurses of Alberta for the entertainment of the visiting nurses. These plans include a reception following the evening session on Tuesday, June 25, and on Friday evening, June 28, a garden supper at the Central Alberta Sanatorium, followed by a drive to the renowned Turner Valley.

Miss Margaret Fraser, Royal Alexandra Hospital, Edmonton, will be pleased to receive notice in advance from those who wish to make arrangements for any special social function during convention week. There will be no meeting on Thursday evening, June 27, which has been left free by the programme committee to provide time for reunions of alumnae and other groups.

Nurses who plan to go on to Banff at the close of the General Meeting are reminded that, especially in view of the holiday weekend for July 1, reservations for accommodation should be made as soon as possible. Information on accommodation and rates is published elsewhere in this issue of the *Journal*.

Nightingale Memorial Fund

Contributions to the Florence Nightingale Fund have been received from:

Alberta:

Sister M. Clotilda, St. Joseph's Hospital, Edmonton	$1.00

A.A., Calgary General Hospital, Calgary	10.00
A.A., Royal Alexandra Hospital, Edmonton	10.00
Overseas Nursing Sisters' Association, Calgary Branch	5.00
Edmonton General Hospital Staff, Edmonton	5.00
Student and Graduate Staff, Calgary General Hospital, Calgary	23.00
British Columbia:	
Miss D.M. Brewster, Windermere	4.00
Miss Ida Canniff, Bella Coola	1.00
Miss Miles, Abbotsford Health Centre	3.00
General Hospital Students' Council, Vancouver	40.00
Science Girls' Club, Vancouver	10.00
Staff, Shaughnessy Military Hospital, Vancouver	2.00
Staff, Prince Rupert General Hospital, Prince Rupert	10.00
Graduate Nurses Association, South Okanagan	5.00
Ontario:	
A.A., Toronto General Hospital, Toronto	50.00
A.A., St. John's Hospital, Toronto	5.00
A.A., St. Michael's Hospital, Toronto	5.00
Graduate Nurses Association, St. Catharines	5.00
Nurses Registry, Simcoe	5.00

THE S. R. N. A. ANNUAL MEETING

The Saskatchewan Registered Nurses Association meets in Regina on May 28 and 29, with headquarters at the Saskatchewan Hotel. The president, Miss Ann Morton of Weyburn, will preside and the following programme has been arranged:

TUESDAY, MAY 28

Morning Session:

Following registration and the introductory addresses and reports, Miss Nettie Fidler of the Toronto University School of Nursing, will speak on the part that psychiatry plays in nursing. As she has had special experience in this field, we look forward to an able interpretation of this important subject, and welcome Miss Fidler to Saskatchewan.

Afternoon Session:

Under the general title of "Four nurses live for a day", the Private Duty Nurses, the Red Cross Outpost Hospitals, the Department of Public Health, and the Trans-Canada Airways are to be represented. It is hoped that the four nurses will survive the "day", and be prepared to answer questions regarding their interesting activities. Meetings of the Private Duty, Public Health, and Nursing Education Sections will also be held. Special programmes are being arranged by the respective conveners.

Evening Session:

Banquet — The Hon. Dr. Uhrich, Minister of Public Health, has consented to speak. It is also hoped that Miss Fidler will speak on her experiences in the Scandinavian countries which she visited last summer.

WEDNESDAY, MAY 29

Morning Session:

After the reports of special committees have been received and studied, Miss R. M. Simpson, Director of Public Health Nursing Services, will conduct a round table discussion based on questions dealing with all types of professional interests. This is an opportunity to learn that the problems of the harassed hospital administrator, school director, public health or private duty nurse are shared by others, and to seek a possible solution. Members are asked to send questions in advance and to direct them to the Registrar, S.R.N.A., University of Saskatchewan, Saskatoon. A skit will be presented by the *Journal* Committee; this may be an occasion when we shall see ourselves as others see us.

Afternoon Session:

2.00 p.m., Unfinished business.

3.00 p.m., The Rev. Mother Superior of the Regina Grey Nuns Hospital has very kindly issued an invitation to delegates to visit the newly erected Cancer Clinic and to hear something of the work being done there.

In addition to the banquet, social events are to include a luncheon on May 28, given by the Regina General Hospital in honour of the delegates.

Professional exhibits have proved to be an attractive feature, and will be repeated this year. Schools of Nursing and hospitals have been asked to contribute any new device, equipment or project that may be of value; this is the time to share your latest acquisition, or invention. The Public Health Section and other health organizations have promised to provide a most interesting display.

Local arrangements are in charge of Miss A. F. Lawrie of the Regina General Hospital and her committee. Special rates for hotel accommodation are offered. Quotations will be mailed to each member with the notice of meeting.

The Biennial Meeting of the Canadian Nurses Association is to take place this year in June; at this provincial meeting delegates are to be appointed and other important matters discussed. The dates of the Annual Meeting of the Saskatchewan Registered Nurses Association have been arranged especially to accommodate members in outlying districts. It is hoped that many will take advantage of this fact. A cordial welcome awaits *you*.

The R.N.A.O. Annual Meeting

On March 27, 28 and 29, the fifteenth annual meeting of the Registered Nurses Association of Ontario was held at the Chateau Laurier, Ottawa, and the registration indicated the interest in what proved to be an outstanding convention. There were 350 registered, including 57 student nurses as representatives from 35 training schools. Miss Constance E. Brewster, president, opened the first session and the delegates were welcomed by His Worship Mayor Stanley Lewis, and Miss Mary Black, chairman of the District Association.

At the banquet, held on the first

evening, the Association was indeed honoured to have Sir Gerald Campbell, K.C.M.G., High Commissioner for the United Kingdom give an address. This privilege was appreciated. Greetings from the President of the Canadian Nurses Association were extended by Miss Jean S. Wilson, Executive Secretary, whom all were pleased to welcome. Dr. George Hooper represented the Medico-Chirurgical Association of Ottawa and extended greetings.

At the open meeting on Thursday evening, the Association was happy to have two speakers from the neighbouring province of Quebec, one of whom being well known to all nurses in Ontario. Miss Catherine. I. Mackenzie, Principal of the High School for Girls, Montreal, in an address on "Changing Trends in Education", said that the modern trend of education is to develop the individual along lines of his own bent and to make him a happy and useful social being. Miss Marion Lindeburgh, Director, School for Graduate Nurses, McGill University, dealt with the trends and characteristics of professional education in its application to nursing.

On Friday morning the Sections held their business meetings, and following these a demonstration on "cooperative planning in nursing" was presented under the direction of Miss Winnifred Cooke, theoretical instructor, Ottawa Civic Hospital, assisted by members of the staff, both nursing and medical. Great interest in this demonstration was evident from the fact that the convention hall was filled to capacity.

Another demonstration of the keen interest of the nurses was that the hall was again filled to overflowing on Thursday afternoon to hear the report of one of the most active committees, the Committee on the Formation and Reorganization of Registries. This was presented by the convener, Miss Marjorie Buck. Before the presentation of this report an amusing skit, depicting a day in a "Community Nursing Registry", under the direction of Miss Buck made a refreshing break in a busy afternoon.

Excellent reports from the District Associations and the three Sections were presented by their chairmen. The membership committee reported that the membership on December 31, 1939, was 4,704, and that the total to date for 1940 was approximately 4200. The report of the committee in connection with the administration of the Permanent Education Fund showed that during the past three years thirteen loans had been granted to members, two of which had been repaid in full. The response to the request that each member contribute twenty-five cents towards the building up of this Fund during 1940 has been so gratifying that the general meeting passed a recommendation that this be again requested in 1941. A well-prepared report from the Committee studying economic security for nurses was presented, and the general meeting expressed the hope that this information would be available for all members.

A report of great interest to all nurses was presented on the activities of the Council of Nurse Education by Miss Gertrude Bennett, chairman. Another report in which all nurses showed keen interest was that on the religious influence in the life of a nurse. The convener, Miss Rahno M. Beamish, stated that there is indication that considerable progress has been made in some schools in developing a course of instruction along religious lines to help guide the individual nurse. Continued interest in the Florence Nightingale Memorial Fund was evidenced when the report stated that to date contributions amounting to $586. have been received. *The Canadian Nurse* Circulation Committee report showed that there was an increase of 326 in the subscriptions during the past year. *The Canadian Nurse* exhibit was very original, and some of the work was done by patients of the Royal Ottawa Sanatorium. The committee held a luncheon meeting on Thursday and were pleased that Miss Ethel Johns, editor of the *Journal*, was present. Following the presentation of the committee report, Miss Johns, "editorially speaking", addressed the general meeting. The Provincial Joint Committee, National Enrolment of Nurses, reported that 1,260 nurses are enrolled in Ontario.

The Committee on the Distribution of Nursing Service has been active since 1934, and under the convenership of Miss Isabel MacIntosh, and later of Miss Edna L. Moore, has conducted three surveys. The findings of these surveys were tabulated and, in a comprehensive report, presented to the general meeting in 1937, 1938 and 1940. A fuller report on the work of this committee will appear later in *The Canadian Nurse.*

The Committee to study Placement or Vocational Service had made a study of this question, and the convener, Miss Maude H. Hall, presented a carefully considered summary of the findings. An interim report from the Provincial Committee on History of Nursing with Miss Eleanor Clarke as convener, showed that the nurses were actively engaged in assembling valuable information. The delegates were interested in the report on extension and refresher courses as conducted by the University of Toronto School of Nursing and the Institute of Public Health in connection with the University of Western Ontario.

The Association is indebted to the J. B. Lippincott Company for the loan of a unique exhibit of nurses' caps which they had collected, and to the Ottawa General Hospital for a historical exhibit depicting the early days of that institution. These with other exhibits prepared by the sections, hospitals and student nurses formed a varied and interesting display. The co-operation and support of the firms represented by the commercial exhibits was greatly appreciated by the Association.

Social functions included a swimming party at the Chateau Laurier Pool following the evening meeting on Thursday. The nurses of District 8 entertained the delegates at a delightful tea in the drawing room of the Chateau Laurier on Thursday afternoon. The Board of Directors were entertained at a dinner at the Chelsea Club on March 26.

The Registered Nurses' Association of Ontario appreciates the attendance of Miss Ethel Johns at the annual meetings, and this year welcomes Miss Jean S. Wilson, Executive Secretary, Canadian Nurses Association. It is the sincere wish of the members that the editor of *The Canadian Nurse*, and a representative from the Canadian Nurses Association may be present at future meetings.

The officers for 1940-41 are as follows: President, Miss Jean L. Church, Ottawa; first vice-president, Miss Mildred I. Walker, London; second vice-president, Miss Gladys Sharpe, Toronto; secretary-treasurer, Miss Matilda E. Fitzgerald.

—MATILDA E. FITZGERALD

The R.N.A.B.C. Annual Meeting

The British Columbia Registered Nurses Association held their annual meeting in the Empress Hotel, Victoria, on March 29, and 30, 1940, with the president, Miss Margaret Duffield, in the chair. The session opened with a business meeting of the different Sections: public health, nursing education, and private duty. Miss Florence Innes, as chairman of the Public Health Section, reported a continued expansion, two new districts (Cranbrook and Quesnel) having placed a public health nurse in their respective areas. Miss E. Gerwin gave a report on a study of minimum standards in British Columbia for public health nurses. It was recommended that the name of the public health section be changed to public health and welfare section, in preference to other suggested names.

Miss A. S. Cavers, as chairman of the Nursing Education Section, led a round table on "keeping abreast in nursing education". The papers were excellent. The Private Duty Nursing Section, with Mrs. J. F. Hansom as chairman, discussed the question of "how can private duty nursing be improved socially, economically, and professionally."

At the General Meeting on Friday afternoon the invocation was given by the Rev. Dr. Whiteside, of Victoria. The president's report outlined the activities of the Association during the past year touching on the wartime activities, the work of the Joint Enrolment credentials committee, whose work had to do with the scrutinizing of applications for overseas service; the formation of the Province into districts and chapters; the move to gather material for the History of Nursing in Canada; and the continued effort to secure the eight-hour day for nurses.

The Registrar, Miss Helen Randal, recalled the history of the British Columbia Registered Nurses Association since its inaugural meeting in the crypt of Christ Church, Vancouver, in September, 1912. Her report showed the development of plans for various educational efforts such as refresher courses; travelling educational units; the inducement offered nurses to make up deficiencies of education, where such exists, for Registration in British Columbia; the untiring and continuous efforts to improve and retain the standard of nursing and also a constant effort to improve conditions for nurses.

A number of resolutions emanating from the Executive Committee of the Canadian National Association were discussed, among these being the motion of incorporation of the C.N.A.; the appointment of a national field secretary or an assistant to the Executive Secretary; the renaming of Sections; and matters pertaining to the St. John Ambulance Home Nursing Manual.

The report on membership showed the number of nurses registered in the British Columbia Association during the year ending March 1, 1940, to be 343. Of this number, 232 were by examination from British Columbia Training Schools, and 111 from elsewhere. A very enjoyable tea was held, following the afternoon session.

Dr. Gordon Shrum, of the University of British Columbia, was guest speaker at the evening session, his topic being "Should adults study". Dr. Shrum outlined the work on the Dominion-Provincial Youth Training Programme, which is revolutionizing the life of people in rural districts. The leadership training course is being attended by 92 persons who return to 52 districts, to lead the training of the youth in their respective communities. Agriculture is the base of education for men, and home economics and handicrafts for women. Dr. Shrum contended that age is no valid reason for not studying, because learning is a lifelong process. Following Dr. Shrum's address, Miss Dorothy Shields, who has just returned from New Zealand gave a very interesting picture of her experience as "an Exchange Nurse, in New Zealand".

The Saturday morning session opened with a round table, led by Miss Lyle Creelman, on the place of the public health nurse in the hospital. The papers given and the discussion following were intensely interesting and inspiring. In the afternoon, the reports of the standing committees were given. The report of the Travelling Educational Unit showed that its members had just completed an eight-day tour of Vancouver Island, having contacted 161 nurses in the ten centres visited.

The report of the inspection of training schools showed that the eight-hour day had been in satisfactory operation at St. Eugene's Hospital, Cranbrook, with marked decrease in the time lost through illness. The six-day week and shorter hours, though not in "straight shift", is also in operation at St. Paul's Hospital, Vancouver. Other hospitals are planning to shorten the hours on duty by initiating a six-day week as soon as possible.

The convention was well attended and the sessions were enjoyed and felt to be very worthwhile.

—L. M. DRYSDALE

OVERSEAS NURSING SISTERS ASSOCIATION

At a recent meeting of the National Executive Committee of the Overseas Nursing Sisters Association, the affiliation of two new units was reported — Saint John, N. B., with twenty-five members, and Saskatoon with fourteen members. This brings the unit membership to seventeen, with an approximate personal membership of 650.

A letter from Miss Macdonald, Matron-in-Chief, reported that sittings for her portrait have been commenced, and it is hoped that the portrait will be completed at an early date. Miss Macdonald hopes to be present at the Biennial Meeting in Calgary, and has graciously consented to address the Overseas Nursing Sisters on that occasion.

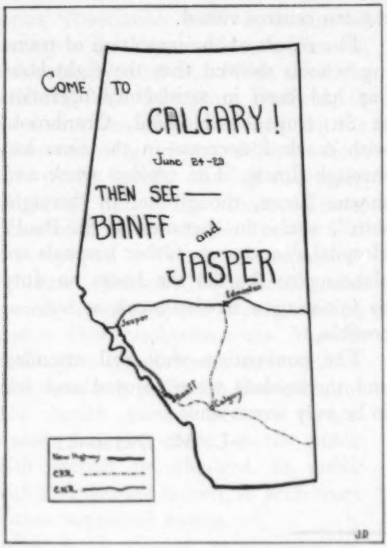
A letter from the Montreal Unit was read, asking for approval and support of their action regarding the relief of Finnish nurses. This was heartily endorsed. Other Units, wishing to contribute to this cause, should write to Mrs. H.L. Currie, 55 Cornwall St., Town of Mount Royal, Montreal, for information regarding the channel through which contributions may be sent.

The arrangements for the Biennial Meeting of the Overseas Nursing Sisters Association are well under way. These include a luncheon at twelve noon at the Palliser Hotel on Wednesday, June 26. The business meeting will follow, and a tea will be given later in the afternoon.

— ELEANOR MCPHEDRAN

A Mountain Holiday

JEAN M. DAVIDSON



The major tourist attraction of 1940 awaits you in the Canadian Rockies. Linking our two great national parks there is a scenic highway, recently completed by the federal government. It is a wide all-weather road extending from Banff to Jasper. Nowhere else in the world, from a motor road, can one witness such grandeur of mountain peak, glacier, and waterfall. The official grand opening of this highway will occur on Dominion Day, July 1, 1940.

Fortunate indeed are those nurses who, after attending the C.N.A. Biennial meeting in Calgary, remain for a week or longer; to leave without at least making the drive would seem utter waste. Undoubtedly some will arrange to enjoy the delights of a mountain holiday previous to the convention thus avoiding the hordes of tourists who arrive later in July.

Within the four thousand square miles of Jasper Park may be found many of the milestones which mark the upbuilding of Western Canada. During 1810 David Thompson, explorer and fur-trader of the North West Company, struggled westward from Fort Edmonton. Curious to see what lay in the regions west of the Rockies he did much exploring and the following winter found Athabasca Pass. Thereafter the Pass was an important part of the main trading route between Hudson's Bay and the Pacific. Through it, twice yearly, passed a brigade of men and ponies laden with furs for England, tobacco for the Indians, and letters for the white man. They travelled by boat and on foot, the journey occupying three and a half months. Yet this brigade was called the "express". Travel now is speedy and delightful, but Thompson on his pioneer journey progressed only eight miles even on good days. The Astoria River winding along within view of Mt. Edith Cavell was named for John Jacob Astor. A rival of Thompson, he attempted to establish a fur trading monopoly throughout the West.

Present day visitors, exploring the mountains, find that civilization has not spoiled the beauty of the park. Rare alpine flowers grow high on the slopes. Pine trees tower by bridle paths and are reflected in lakes of emerald and amethyst. (Actually there are lakes so named). Seated on the bank, one may watch the saucy whiskeyjack, perched at one's foot, waiting the opportunity to swoop off with a stolen sandwich. Bear cubs display mild curiosity as to the balls on the golf course said to be the most beautiful on the continent. None of the wild life are in cages, but roam about at will friendly and protected.

Here are no night clubs, crowded bathing beaches, nor fashionable salons. Rather, it is nature's wonderland, made accessible through man's ingenuity, to lovers of the woods and streams.

THE CALL OF THE WEST

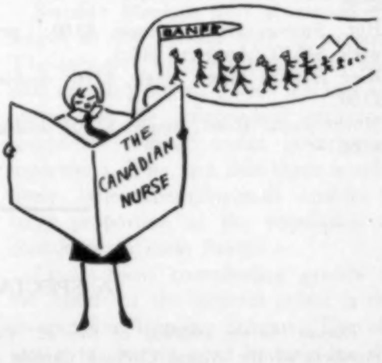
In successive issues of the *Journal* much has been said about the beauty of the West. So that nurses attending the Biennial Meeting of the Canadian Nurses Association in Calgary may plan to take full advantage of their opportunities, the convener of arrangements, Miss K. Connor, has asked Miss Mary Watt to provide the following information for their benefit.

Waterton Lakes National Park: this park is situated in south-western Alberta, and adjoins the Glacier National Park at the international border. It is about 181 miles from Calgary by road. The Greyhound Lines offer a bus service commencing June 15 and while the rates are not available as yet, the excursion rate last year was as low as $5.25 return.

Banff and Lake Louise: Banff is 85 miles west of Calgary and Lake Louise about 40 miles west of Banff. The regular bus rate from Calgary to Banff is $4.50 return, and from Banff to Lake Louise $6.25 return. Special rates for parties can be arranged through the Brewster Transport Company (The Grey Line) at Banff.

The Columbia Icefield: The new highway from Banff National Park to Jasper National Park will be officially opened this summer and should afford the thrill of a lifetime to those coming from afar. The Monden Transportation Company of Calgary and the Grey Line hope to be able to make special trips by cars, holding four or five passengers, at a reasonable rate.

Numerous shorter trips can be made from various points in these parks and from Calgary to such places as the Turner Valley Oilfields. For those driving their own cars, suitable accommodation is available at various points on these routes. The Big Bend Highway from Revelstoke to Golden will be officially opened this year and will permit travel direct to the Pacific Coast through British Columbia without the necessity of



Drawing by Mary Willis

entering the U.S.A. Some of the finest scenery on the American continent is seen on the Big Bend Highway.

For parties of fifteen or more, a discount of 25 percent from the regular tariff is authorized by the Federal Government on all trips in the National Parks. All prices quoted are subject to change as the transportation companies have not completed their schedules for the summer.

Nurses who would like more information concerning rates, etc., should write to Miss Mary Watt, Department of Health, Calgary, Alberta.

Miss Connor has also asked Miss Mary Maclear to suggest that nurses expecting to visit places of interest in the mountains should make reservations as early as possible. *It should be remembered that the rates mentioned below are the minimum only, and that accommodation at this price is necessarily limited.* A list of accommodation and prices follows:

Banff:

Banff Springs Hotel: single, $6.50; double, $10.00.

Cascade Hotel: single, $1.00; double, $2.00.

Homestead Hotel: single, $1.50; double, $2.00.

Hot Springs Hotel: single, $3.00; per week, $17.50 (American plan).

King Edward Hotel: single, $2.00; double, $3.00.

Mount Royal Hotel: single, $2.50; double, $3.00.

Rooms in private houses: single, $1.50; double, $2.00; $10.00 to $12.00 per week.

Becker's Bungalows, accommodating 2 to 4 people, $3.00. Each extra person $1.00 per day.

Lake Louise:

Chateau Lake Louise: single, $6.50; double, $10.00. (European plan).

Deer Lodge: single, $2.50; double, $4.00.

Triangle Inn: single, $2.00; double, $4.00.

Lake Louise Bungalows: per cabin, $2.50.

Waterton Lakes:

Prince of Wales Hotel: single, $8.00; double, $14.00.

Waterton Lakes Hotel: single, $2.00; double, $3.00.

Rooms in private houses: single, $1.50; double, $2.50.

Jasper Park Lodge:

Four-roomed cabins: single, $9.00; double, $15.00; 16 roomed cabins, all single rooms: $8.00 per day.

Miss Isabel Lamont, R.N., wishes to announce that she is prepared to offer a specially arranged tour to California at an advantageous rate. Those who are interested in availing themselves of the opportunity may obtain full details from Miss Isabel Lamont, 1230 — 12th Avenue, West, Calgary, Alta.

A SPECIAL PRIVILEGE

Thanks to the courtesy of two of the members of the Alpine Club of Canada a limited number of guests can be accommodated at the Club House in Banff. Further information may be secured by writing to Miss Eleanor McPhedran, 205-206 I.O.O.F. Building, Calgary, or to Miss M. F. Lavell, 1005-14th Avenue, West, Calgary. To avoid disappointment, reservations should be made immediately.

STUDENT NURSES PAGE

Nursing in the Scandinavian Countries

MARGARET PEARSON

Student Nurse

School of Nursing, Royal Columbian Hospital, New Westminster

My topic, nursing in the Scandinavian countries, deals mainly with Sweden. In the middle ages, nursing was done chiefly by Roman Catholic Sisters, but the work later fell into the hands of lay men and women whose nursing was influenced more by superstition than science. When the Deaconess Movement reached Sweden, a yearly course was given to paying students. Then the Red Cross began a training school which at first offered a four-months course. A two-year term of hospital work, followed by eighteen months of private duty, was installed under Miss Emmy Rappe, a graduate of St. Thomas's Hospital in London. Excellent work was carried out with Miss Rappe at the head of the school. Queen Sophia started a nursing home, with a St. Thomas's graduate in charge, in 1884. The course was three years including different hospitals. The hospitals for the insane are good, and well provided with nurses; one gives a six months course to graduate nurses.

At present, the requirements of the schools are much the same as ours. They give a three-year course to students with matriculation standing. It has been suggested that their matriculation is of a higher standing than ours. Perhaps that is because the pupils are older when they finish.

The hospitals are not elaborate but the standard of work is high. The lack of luxuries reflects directly on the nature of the Swedish people; they meet situations frankly and try to find common-sense solutions. They know they can't afford elaborate hospitals so they manage with simpler ones. There are 100,000 bicycles in place of the automobiles that are too expensive for these frugal folk.

Swedish hospitals have shortened the length of the average stay of patients. The inclusive fee for medical and hospital care is general. These schemes are carried on by independent insurance companies coming under government supervision. The fact that there is relatively little unemployment enables a large proportion of the population to contribute to these funds.

One scheme contributing greatly to the health of the general public is the co-operative Housing Scheme. The object is to provide good housing for the poor. The houses must be equipped with large glass windows, and each flat must have at least one large balcony. This is a law. Can you picture the slums throughout the world being cleaned up in the same manner? If one country can do it, why can't another, and yet another?

Then there is the consumer's co-operative scheme. This body handles 15 percent of the retail trade of the country and through it the small consumer is protected. There is a strong belief that the vast success of these schemes comes through the understanding of the people; the movement itself educates its members in the underlying principles. Sweden has a high type of universal education, and there is a general spread of cultural qualities through all classes of society. Sweden is a rugged country and, like the country, the inhabitants have acquired a rugged solidity, loving freedom and calmly proud of their long line of peasant ancestry. The great progress in the welfare of the individual is promoted unselfishly by the "Grand Old Man", King Gustav V, whose slogan is "to rule *with* the people *for* the country."

Perhaps the most noticeable quality of these Scandinavian people is their absolute cleanliness. Impetigo and body lice are almost unknown. A fact that has compelled the admiration of the world is the decrease in venereal disease. The universal cleanliness of the people may have something to do with this and also the high respect for the human body that they hold. Another point of interest regarding social health is the fact that the government controls the sale of liquor; no one is served before eleven o'clock in the morning and the law requires that they eat while they drink. Again, the people accept this ruling without question and respect it.

In Norway the schools of nursing were much influenced by Florence Nightingale, and the Red Cross was most active beginning the training of nurses in 1894. Three years training is now the rule and there are about twenty-five schools. The Deaconess Order does good work in hospitals, and elsewhere. The Norwegian Nurses Association was organized in 1912 and has established disability and old age funds, corresponding to Sweden's General Pension Fund for Nurses.

In Denmark, the hospitals are nearly all under government supervision. Deaconess orders are common and, in the high schools, the students are prepared with pre-nursing courses. The standard course is three years although there is a ten-months course for country nurses. The Danish council of Nurses was formed in 1899 and accredits schools reaching the proper standard. They have a vacation fund, a sick-benefit fund, old age pensions, and a burial fund.

As Canadian nurses we salute the nurses of pleasant Denmark, rugged Norway, and progressive Sweden and wish them all good fortune.

THE SUPREME TEST

This article was written and set up in type before the German invasion of Norway and Denmark. For the time being, the enlightened social order in which these nations lived and prospered has been trampled under foot. But the spirit which inspired it remains unbroken and will prevail.

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THAT smooth, downy softness you feel —when you rub Z.B.T. between your fingers—quickly tells you how effectively Z.B.T. Powder with Olive Oil acts in tender skin folds. For Z.B.T.'s superior "slip" means better protection against chafing—greater comfort for baby.

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Book Reviews

TRENDS IN NURSING HISTORY, by Elizabeth Marion Jamieson, B.A., R.N., formerly Director of Nursing, Fabiola Hospital, Oakland, California; and Mary Sewall, B.S., R.N., Instructor in Science of Nursing, San Joaquin General Hospital, School of Nursing, Stockton, California. 570 pages. Illustrated. Published by the W. B. Saunders Company; Canadian agents: McAinsh & Co. Limited, Toronto. Price, $3.50.

The text is divided into three parts. Part I covers the ancient civilizations. Part II is devoted to the middle ages. Part III takes up the modern era, from the Renaissance, on through the Reformation and the dark period of nursing, down to the present time. Teaching aids are numerous, and include a summary, topics for discussion, and references at the end of each chapter.

The aim of this book is to define and interpret past and present trends in the development of nursing and to relate them to the whole process of social growth; emphasis has therefore been placed upon events rather than upon persons. The greater part of the book deals with the pre-Nightingale period and here the authors have achieved a considerable measure of success. The later chapters, which deal with the development of modern nursing, are less satisfactory. Here, the attempt to relate nursing trends to world events leads to a confusion of ideas, possibly because the perspective which time affords is necessarily lacking.

Throughout the book, there are a number of minor errors which, while not important in themselves, should not be found in a volume of this kind. The name of Jane Austen is mis-spelt, and so is that of Queen Alexandra. In a paragraph dealing with Edith Cavell, reference is made to her "unwonted" death, and the name of her native town is given as "Norwick". In future editions, these minor faults will doubtless be corrected. The chief value of the text lies in the early chapters where a really vivid and inspiring impression is given of the mental and spiritual sources from which modern nursing takes its origin.

AN INTRODUCTION TO CHEMICAL SCIENCE, by W. H. Hatcher, M.Sc., Ph.D., F.R.S.C., Professor of Chemistry, McGill University.. 423 pages, including index. Published by John Wiley & Sons, Inc., New York. Distributed in Canada by Renouf Publishing Co., 1433 McGill College Ave., Montreal. Price, $3.00.

The material presented in this book has been accumulated by the author over a period of years during the establishment of a course in chemistry designed for students of branches of learning other than the sciences. It is, therefore, a text-book for those who, although requiring no special knowledge of chemistry for the practice of their profession, wish to include this subject in their general educational program. The subject matter covers a wide range; it is divided into four parts — inorganic chemistry, organic chemistry, food chemistry and industrial chemistry.

This book can be recommended to any nurse who wishes to increase her familiarity with chemistry, without special reference to the applications of this field to her profession. It cannot be regarded as adapted to the special needs of the nurse. It contains much information which has no definite application to nursing practice. On the other hand, in the part of greatest interest to nurses, namely that dealing with food chemistry, the treatment of the subject is not sufficiently detailed or complete. It should be understood that these comments apply to the usefulness of the text to nurses only; they must not be interpreted as an unfavourable criticism of the book when used by those for whom it was written. Professor Hatcher did not intend that it should be used as a text by nurses or any other group of students to whom a knowledge of certain special aspects of chemistry is essential. He makes this quite clear in the preface in which he states that the course of instruction, on which the book is based, was planned for students whose interests are "economic, historical, literary, philosophical and sociological rather than scientific". The interests of nurses, with respect to chemistry, are usually scientific and related to the many practical applications of chemistry to their profession. However, it may be repeated that any nurse, whose interests are broader than these, will find the book of value.

E. H. Bensley, B.A., M.D.
Junior Assistant, Department of Metabolism, Montreal General Hospital; Lecturer in the School of Nursing

The Bad Lands

M. Sproule

In one of Calgary's beautiful parks is a remarkable collection of Dinosauria. Millions of years ago, these giant reptiles lived and fought in what were then the tropical swamps of Alberta. Among many other remarkable specimens, is a crested and horned Stegosaurus, as huge in body as the largest elephant. Here, too, were found the carnivorous Ceratosaurus and the duck-billed Dinosaur with its complete coat of plate armour which was a perfect protection against the horned species. Nature equipped these monsters with terrible weapons of attack and defense and man, who arrived on this planet unthinkable ages after all these forms of animal life had perished and had become buried under many feet of earth, seems to have adapted from the armoured Dinosaur ideas which he has utilized in modern mechanized warfare.

A hundred miles east of Calgary, along the Red Deer River, stretch the Bad Lands of Alberta. Here from two hundred to four hundred feet below the prairie level lies the immense cemetery from which these fossilized skeletons have been dug. The ancient river, once mighty in sweep and volume, tore away miles of clay and shale leaving a deep furrow in the earth's crust and revealing a most weird chapter in the world's history. Scientists come here from all parts of the world in order to enrich their museum collections. Of mere tourists not so many—Canadians are of all peoples the most indifferent to the wonders of their own country.

Natural History Park, Calgary
Ceratosaurus

NEWS NOTES

ALBERTA

EDMONTON:

The Alumnae Association of the School of Nursing of the Royal Alexandra Hospital, Edmonton, held a banquet recently in honour of the graduating class of 1940. A large number of graduates including members of the first graduating class were present to renew acquaintances and to pay homage to the young graduates. Miss Margaret Fraser, superintendent of nurses, addressed the nurses pointing out the individuals' responsibility in affiliating with nursing organizations in the community in which they expect to work and also their responsibility in supporting our national journal, *The Canadian Nurse*. Mrs. C. Melrose dealt with the early history of the training school paying tribute to our superintendents of nurses who have so ably guided the destinies of some 700 nurses, many of whom are now making a real contribution to the nursing world. Mrs. J. E. Thompson welcomed the new graduates into our Association. Miss Marion Clark was in charge of arrangements assisted by Mrs. Philip Baker, Miss Gladys Austin, and Miss Violet Chapman. Miss Kathleen Clarke delighted the audience with several vocal solos accompanied by Miss Edith Oatway. A rousing sing-song brought a most enjoyable evening to a close.

LETHBRIDGE:

A meeting of the Lethbridge Graduate Nurses Association was held recently at St. Michael's Hospital with a large number in attendance. After the reports from the various committees, His Worship Mayor Elton gave a very interesting address following which a pleasant social hour was spent during which the Sisters of St. Michael's Hospital served refreshments.

Among the nurses who attended the convention of the A.A.R.N. were the following: Representative from the private duty section, Miss Stonely and Miss Hunter; from the Province, Miss L. Johnson; from the Graduate Nurses Association, Miss Cheney; from the public health section, Miss McKenzie; from the staff of the Galt Hospital, Miss P. Clarke.

Home nursing classes, under the auspices of the St. John Ambulance Association and spsonsored by the Red Cross Society, are being held at Galt Hospital. These classes are being instructed by Miss Alice Dacre and Miss Phyllis Clarke. The St. John Ambulance Certificate will be given to those completing the course.

Miss J. Topley has resumed her duties at the Galt Hospital as assistant operating room supervisor. Miss Ann McIlvride (St. Paul's Hospital, Saskatoon) has accepted a position on the staff of St. Michael's Hospital. Miss Doris Cotton (Medicine Hat General Hospital) has accepted a position at the Central Sanatorium, Calgary. Miss L. Thornton has accepted a position at the Fernie Hospital, Fernie.

Married: Recently, Miss Mira Larson (Holy Family Hospital, Prince Albert) to Mr. James Woolison.

Married: Recently, Miss Armina L. Ringland (Galt Hospital, 1936) to Mr. John Dickens Leigh.

PONOKA:

The annual meeting of the Ponoka District of the Alberta Association of Registered Nurses, was held recently and was preceded by a dinner at the Driard Hotel, Wetaskiwin. The election of officers took place after a report by the convener of the home nursing classes had been given. Miss F. Gibb was elected as delegate to the annual meeting of the Alberta Association of Registered Nurses.

BRITISH COLUMBIA

VANCOUVER:

Miss Dorothy Shields, of the Metropolitan Health Service, who has been on a year's exchange to New Zealand, recently returned to Vancouver. A very enjoyable tea was held to welcome her home and to bid farewell to Miss Geraldine Uniacke, who has sailed for her home in New Zealand.

The following excerpt is taken from a letter from Miss Thelma Attewell, one of our nurses now in England: "I have joined the Civil Nursing Reserve and am working as nurse-in-charge of a mobile unit for the Air Raid Precautions. We can be sent anywhere in England when we are needed. We keep getting a few scares from Hitler, but hope he won't get this far inland."

Married: Recently, Miss Marion Isobel Scott (Vancouver General Hospital) to Mr. Gordon Bruce Andrews.

We're telling you—
there just isn't
anything like
MENNEN Antiseptic OIL

NURSE... you know that the skin of babies is very susceptible to infection and needs to be fortified against bacterial invasion. Well, Mennen Antiseptic Oil markedly *reduces* the surface bacteria and helps protect baby's skin against infection. *But* . . . on the other hand, bacteria may readily multiply in ordinary oils, such as olive, mineral and cottonseed oil—and in most commercial oils, even though they be autoclaved.

These facts have induced the use of Mennen Antiseptic Oil in over 3,500 hospitals, proof that this oil is in a class by itself. So, be sure to impress on mothers the importance of continuing the *daily* anointings with Mennen Antiseptic Oil at home, to keep baby's skin safer from infection. Thorough and regular daily use should continue during at least baby's first year. The Oil is pleasant to use, does not soil linen (washes out easily), leaves no greasy residue. It is not irritant, is self-sterilizing and will not turn rancid.

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For further particulars apply to:

Director of Nursing
Children's Memorial Hospital
Montreal.

KAMLOOPS:

The Kamloops Registered Nurses Association recently held a telephone bridge in Kamloops and Tranquille, in aid of the Red Cross Society from which they cleared $74.00. A part of each meeting of the Association is devoted to Red Cross knitting.

MANITOBA

BRANDON:

The Brandon Graduate Nurses Association held their monthly meeting recently at the Nurses Residence, General Hospital. The president, Mrs. D. L. Johnson, presided. Following a business session, Dr. R. O. McDiarmid gave a talk on a year spent in Eye, Ear, Nose and Throat hospitals in London, and Bristol. His experiences and impressions proved very interesting. Miss Stowe thanked the speaker on behalf of the gathering. The private duty group was in charge of the social hour.

BRANDON:

The Brandon Graduate Nurses Association recently held a business meeting with twenty-five members present. The president, Mrs. D. L. Johnson, was in the chair. Miss Mitchell was appointed official delegate to the Manitoba Association of Registered Nurses convention in Winnipeg. A group of the members of our association will demonstrate the nursing care of a rheumatic patient at one of the sessions. The nominating committee was appointed with Miss J. Hill as convener, and arrangements were made for the annual meeting, which will take the form of a banquet at which the members of the graduating class of the School of Nursing of the Brandon General Hospital will be entertained.

The registry is reported as busy. The social hour was in charge of the executive committee.

ST. BONIFACE:

A St. Boniface Hospital group of the Red Cross, under the convenership of Mrs. O. Shaughnessey, meets at regular intervals in the auditorium, where the Alumnae Association is actively engaged in the making of surgical supplies.

Miss Beatrice Hanna (S.B.H., 1936) formerly of the pediatric staff of St. Boniface Hospital, has accepted a position in St. Luke's Hospital, Duluth. Miss W. Grice, formerly of the Metropolitan Life Insurance Company nursing staff, has ac-

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'DETTOL' *The Modern, Non-Poisonous Antiseptic*

cepted a position on the staff of the St. Boniface Hospital out-patient department. The following nurses have recently been appointed Nursing Sisters in the R.C.A.M.C., and are attached to General Hospital, Unit Number Five: Miss Roberts, Miss H. Campbell, Miss M. Lownds, Miss M. McCullough, Miss B. Soulier. Miss Florence Spencer (S.B.H., 1935) has accepted a position on the staff at Ninette Sanatorium.

Married: Recently, Miss Beulah Bodie (S.B.H., 1937) to Dr. Norman Stephanson.

Married: Recently, Miss Margaret Corner (S.B.H., 1935) to Captain C. B. Schoemperlen, M.D.

WINNIPEG:

The instructors of the Nursing Educational Section of the Manitoba Association of Registered Nurses are working on the preparation of a minimum curriculum for the Schools of Nursing in the province. Miss Dorothy Wishart is convener of the committee of instruction. At a recent meeting, Miss M. Wilkins gave a paper entitled "Integrating Health Teaching in the Curriculum".

A special committee of the Section has prepared a statement for the programme of studies of the Department of Education, outlining the educational requirements for prospective applicants to the School of Nursing.

At a recent meeting of the Private Duty Section of the M.A.R.N. Miss Bourgeault was appointed chairman. Reports were prepared for the biennial and annual meetings.

The Public Health Section of the M.A.R.N. sponsored a study group consisting of six meetings held in the first few months of the year. The group was addressed at their first and last meetings by Dr. Lennox Black, and the remaining four by Mrs. Dempsey. Child study was the topic of discussion. Mrs. Black, a graduate nurse from Kansas, volunteered her services and helped a great deal with data. At the last meeting, Professor Black did an actual mental test on a subnormal child.

Outstanding Books

Ingram's "Principles of Psychiatric Nursing"

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Province of Ontario

●

EXAMINATION ANNOUNCEMENT

●

An examination for the Registration of Nurses in the Province of Ontario will be held on May 28th and 29th.

Application forms, information regarding subjects of examination and general information relating thereto may be had upon written application to:

ALEXANDRA M. MUNN, Reg. N.,
Parliament Buildings, Toronto

The Bett's Telebinocular Machine was demonstrated. This machine can be taken from school to school and the eyes of the children tested. Quoting Miss Baird: "Incidentally, the child who was brought to the meeting for the mental test was very dirty but has since cleaned himself up and takes pride in his appearance."

NEW BRUNSWICK

MONCTON:

The regular monthly meeting of the Moncton Chapter, N.B.A.R.N., was held in Moncton Hospital recently with the president, Miss Ethel Hillyard, in the chair. After the routine business meeting, Mr. Sayre of the C.N.R. Publicity Department showed interesting pictures of touring Canada.

Married: Recently, Miss Kathleen Harriett (Moncton Hospital Training School, 1935) to Rev. John Austin Jardine.

MONCTON:

A meeting of the Moncton Chapter, N.B.A.R.N., was held recently at the Moncton Hospital with the president, Miss Ethel Hillyard, in the chair. Miss Grace Fairley, convener of "hope chest" reported on its splendid financial success. Miss Marjorie Bennett was appointed convener for the dinner to be given in honour of the members of the graduating class of the Moncton Hospital.

Miss Edgecombe, Miss Fairley, and Mrs. Pelletier were appointed a committee on supplies and work for the Red Cross. The members of the local chapter are very energetic knitters and numerous articles have been made for soldiers, sailors, and airmen.

ST. STEPHEN:

A meeting of the local Chapter, N.B.A.R.N., was held recently at the Chipman Memorial Hospital. The new president, Miss Leland, was in the chair, and fifteen members were present. An interesting talk on radium was given by Miss Thelma Russell. Refreshments were served by Miss Margaret McFarlane and Mrs. Charles Anderson.

Miss Jessie Murray has been absent from her duties as district nurse in St. Stephen and Milltown, N. B., and has enjoyed a well earned rest at her home in Saint John. Miss Ruth Kennedy (C.M.H., 1938) is taking post-graduate study at the

Royal Victoria Hospital, Montreal. Miss Helen Jones (C.M.H., 1938) has accepted a position on the staff of Grace Hospital, Cleveland. Miss Clara Hunt and Miss Pearl Byers, student nurses, are taking affiliation courses at the Children's Hospital, Montreal.

NOVA SCOTIA

HALIFAX:

A St. John's Ambulance first aid course has just been completed by several members of the Halifax Branch, R.N.A.N.S.; Dr. C. E. Kinley presented the lectures, with Constable McIsaac and Mr. Clyde Hall, deputy fire marshall, as demonstrators.

KENTVILLE:

The Valley Branch, R.N.A.N.S., recently held a meeting at the Blanchard Fraser Hospital. A good number were in attendance. A most interesting talk was given on "The Nursing Sister" by Miss M. B. MacNeil, of the Nova Scotia Sanatorium Staff. This portrayed very vividly some phases of the work done by the nursing sisters during the last Great War during which Miss MacNeil served her country in the capacity of a nursing sister.

Our library is increasing slowly but surely and is proving most interesting. The most popular book we have at present seems to be "King's Nurse — Beggar's Nurse". All nurses who have not read this book should avail themselves of the opportunity shortly. It is written by a nurse and perhaps will awaken some other nurse to tell her experiences.

A twenty-five dollar bursary was donated to the graduating student of the Payzant Memorial Hospital, Windsor, N. S., who made the best progress during her training. Thus we hope to arouse interest in our Association and encourage their efforts.

Married: Recently, Miss Alta Naugler (Berwick Hospital, Berwick) to Mr. Murray MacPherson.

ONTARIO

DISTRICT 1

CHATHAM:

St. Joseph's Hospital:

Miss Maria Dunlop (S.J.H., 1939) has accepted a position on the staff of the

There are no carbonates in Phillips' Milk of Magnesia — hence a minimum of acid rebound and no discomforting CO_2 bloating.

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ADMINISTRATION IN HOSPITALS AND SCHOOLS OF NURSING

ADMINISTRATION AND SUPERVISION IN PUBLIC HEALTH NURSING

For information apply to:

School for Graduate Nurses
McGill University, Montreal.

Ontario Hospital, London. Miss Mary Brown (S.J.H., 1939) has been appointed to the staff of the Ontario Hospital, Woodstock.

DISTRICTS 2 AND 3

GALT:

The Galt Hospital will celebrate its Golden Jubilee on June 13, 14, and 15; the Alumnae Association is taking an active part in this happy event. Extensive plans are being made to entertain the guests including all former superintendents, including the first superintendent of the training school, and many of the graduates.

GUELPH:

St. Joseph's Hospital:

Miss Gretta L. Hope, of Chesley, Ontario, has been accepted for overseas service by the Nursing Unit of No. 15 General Hospital, Toronto. Miss Hope is a graduate of St. Joseph's Hospital, Guelph, and prior to her acceptance as a nursing sister was on the staff of the General Hospital, Galt.

The following officers have recently been elected to serve during the coming year by the Alumnae Association of St. Joseph's Hospital, Guelph, Ontario: Honourary President, Sr. M. Augustine; honourary vice-president, Sr. M. Geraldine; president, Miss Mary Heffernan; vice-president, Miss E. Murphy; recording secretary, Miss H. McGillivray; corresponding secretary, Miss M. Meagher; treasurer, Miss Doris Milton; convener of entertainment committee, Miss Audrey McComb.

KITCHENER:

Kitchener and Waterloo General Hospital:

At a recent meeting of the Alumnae Association of the Kitchener and Waterloo General Hospital the guest speaker was Dr. M. C. Harvey who gave an interesting address on the newer drugs. There was a good attendance.

Miss Adelene Harris (K.W.H., 1939) has accepted a position on the staff at Palmerston Hospital.

Miss Clara Fusee (K.W.H., 1939) has completed a course in psychiatry at the Ontario Hospital in London.

Married: Recently Miss Jean P. Allen (K.W.H., 1938) to Mr. Harold Lough.

Married: Recently, Miss Frances Dawson (K.W.H., 1939) to Mr. Ralph Hodd.

DISTRICT 4

HAMILTON:

Hamilton General Hospital:

There is only one Golden Jubilee in the annals of any history-making institution. The Hamilton General Hospital Training School will conduct its celebration on June 5, 6 and 7, 1940, and whether you graduated in the years when pneumonia was treated with a jacket and a good mustard, or in the stream-lined years of sulfapyridine, serum and Sherman units, this is one event that holds a common interest for us all. By this time you will have received your registration card outlining the program of events, and we would ask you to tick off (please be sure to use "tick" marks) those functions which you plan to attend, sign, and mail before May 31.

A list of class hostesses is being arranged to assist in the billeting of out-of-town graduates. Arrangements for class reunions on Thursday evening, June 6, may also be made through your hostess. For further information please communicate with Miss M. Watt, or inquire when registering.

The Alumnae Association wishes to extend a cordial invitation to the outside graduates in the City to take part in the various functions planned in the celebration of the Golden Jubilee on June 5, 6 and 7, 1940. Miss Martha Watt, convenor of the committee on arrangements, will be glad to supply further details on request.

In the interest of the approaching jubilee, Mrs. John Stephen (née Bessie Creggan) entertained the members of the Class of 1910 who are resident in the city. Those present included Miss O. Watson, Mrs. D. McBride, Miss I. McKenty, Miss I. MacIntosh, Mrs. A. Anderson. Other guests were Miss M. Aitken, Miss M. Ross, and Mrs. C. Morton.

DISTRICT 5

BARRIE:

A meeting of Chapter 2, District 5, R.N.A.O., was held recently at Barrie. The speaker was Dr. Norman Rogers, Medical Officer of Health, who spoke on Barrie's efforts regarding a pure milk supply and of the newly installed sewage system. The slate of officers was presented by Miss Williams, and are as follows: President, Miss Irene Lawson, Barrie; vice-president, Miss Tannahill, Midland; secretary-treasurer, Miss G. Maynard, Soldiers Memorial Hospital, Orillia; *The Canadian Nurse* correspondent, Miss N. Hanna, Orillia. The zone representative for

The Golden Jubilee
of the Training School of the

HAMILTON GENERAL HOSPITAL

June 5 to 7, 1940

●

Wednesday, June 5

1.00 p.m. Registration at Senior Residence.

3.00 p.m. Scenic Drive and Tea at Mount Hamilton Hospital, provided by the Women's Auxiliary.

7.00 p.m. Annual Alumnae Dinner, Royal Connaught Hotel; Guest Speaker: Miss Effie Taylor, President, International Council of Nurses; Dean of Nursing, Yale University.

●

Thursday, June 6

3.00 p.m. Reception and Garden Party — Open House. Board of Governors, Hamilton General Hospital. The evening session will be kept open for individual class reunions.

●

Friday, June 7

3.00 p.m. Graduation, McMaster University.

Speaker: The Hon. Albert Matthews, Lieutenant-Governor of Ontario.

9.00 p.m. Dance, Ball-Room, Royal Connaught Hotel.

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Price: *One dollar.*

Voluntary Enrolment (there are thirteen members in District 5, Chapter 2) is Miss O. Waterman, Soldiers' Memorial Hospital, Orillia.

TORONTO:

St. Michael's Hospital:

Miss Marie Pilon was elected president of St. Michael's Hospital Alumnae Association at the annual meeting. Miss Helen Hyland, retiring president, introduced Mrs. Shields who gave an informative talk and demonstration of surgical supplies used by the Red Cross.

The new executive includes: First vice-president, Miss Dorothy Lane; second vice-president, Miss Bernice Quilty; third vice-president, Miss Helen Thompson; treasurer, Miss Claire Cronin; assistant treasurer, Miss K. Meagher; recording and corresponding secretary, Miss M. Robertson; councillors: Miss L. Regan, Miss H. Hyland, Miss R. McQuade; nursing education representative, Miss Grace Murphy; public health representative, Miss Dorine Murphy; association member representative, Mrs. Slingerland; press representative, Miss Kathleen Walsh; magazine editor, Miss Barbara Grant.

DISTRICT 7

BROCKVILLE:

There was a good attendance at the March meeting of the Brockville Chapter, District 7, R.N.A.O. "Nursing in Finland and Sweden", an article by Miss Fidler published in *The Canadian Nurse*, was read and discussed. Miss Corbett gave an account of the Chapter's Red Cross activities. A musical and social hour was also enjoyed.

Miss Amy Church, of Smiths Falls, chairman of the Smiths Falls-Perth Chapter, was the official delegate of District 7 at the annual meeting of the R.N.A.O. held in Ottawa.

KINGSTON:

Reverend Sister St. Oswald, instructress of nurses at Hotel Dieu, gave an address at a meeting of the Kingston Chapter, District 7, R.N.A.O.; Miss E. Freeman, chairman of the Kingston branch, presided.

In her address, which was illustrated with lantern slides, Reverend Sister St. Oswald related the history of the early religious hospitallers of the Order of St. Joseph. She also recounted the thrilling life of Jeanne Mance. A short business session followed and an informal social hour was enjoyed by the nurses while they knitted garments for the Red Cross.

Married: Recently, Miss Marjorie McBride (K.G.H., 1936) to Dr. E. Perry White.

Married: Recently, Miss Leona Walmsley (K.G.H., 1936) to Mr. Ian Green.

Married: Recently, Miss Bertha Mitchell (K.G.H., 1936) to Mr. Darwin Garside.

DISTRICT 8

OTTAWA:

Ottawa Civic Hospital:

Miss Margaret Ogilvy (O.C.H., 1937) has been appointed to the neuro-surgical unit of the R.C.A.M.C., C.A.S.F.

Miss Evelyn Bryant (O.C.H., 1930) has been appointed senior medical secretary to Dr. Carver of the admitting clinic of the Memorial Hospital for the treatment of cancer, New York City.

Nursing Sister Margaret Mulvihill (O.C.H., 1931) is in training in Kingston with the R.C.A.M.C.

Miss Betty Stanley (O.C.H., 1938) and Miss Helen Brown (O.C.H., 1938) have been appointed as air stewardesses with the Trans-Canada Airways.

Miss B. McKerracher (O.C.H., 1932) has taken over her duties as assistant superintendent of nurses at the Strathcona Hospital, Ottawa.

Married: Recently, Miss Hazel Gilson (O.C.H., 1929) to Lieut. D. A. Ferguson, C.A.S.F.

Married: Recently, Miss Bertha Farmer (O.C.H., 1930) to Mr. Allen Gray.

Married: Recently, Miss Gwen Brady (O.C.H., 1939) to Mr. John Watt.

Married: Recently, Miss Rita Knox (O.C.H., 1938) to Mr. Lester Minion.

Married: Recently, Miss Lois Danby (O.C.H., 1938) to Mr. Norman Stone.

Married: Recently, Miss Ella Campbell (O.C.H., 1928) to Mr. Peter Stobbe.

Married: Recently, Miss R. Spray Reilly (O.C.H., 1934) to Mr. John Keill, Royal Canadian Navy.

Married: Recently, Miss Elvira Murphy (O.C.H., 1929) to Mr. David Aitken.

Married: Recently, Miss Roma Irene Halpenny (O.C.H., 1927) to Mr. Harold Franklin Skinner.

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The Superintendent,
City of Sydney Hospital,
Sydney, Nova Scotia.

WANTED

Superintendent of Nurses for the Medicine Hat General Hospital. The daily average of patients is 72 and 32 students are enrolled in the School of Nursing. Duties to begin August 1, 1940.

Applications, stating previous experience, and accompanied by references, should be addressed to:

The Secretary,
Medicine Hat General Hospital,
Medicine Hat, Alta.

WANTED

A qualified Science Instructor who will also act as Assistant Superintendent of Nurses is required by the School of Nursing of the Homoeopathic Hospital, Montreal. Duties to commence August 15, 1940.

Applications should be addressed to:

Superintendent of Nurses,
Homoeopathic Hospital,
Montreal, Que.

QUEBEC

MONTREAL:

Montreal General Hospital:

At a recent meeting of the Alumnae Association, Dr. A. T. Bazin gave a most interesting talk on the nurse in the field of war and described the organization of the different medical services from first-aid posts to base hospitals.

Miss Veronica Dundin (M.G.H., 1933) has taken a position with the Continental Can Company of Montreal. Miss Elizabeth Ross and Miss Phyllis McElroy (M.G.H., 1939) are taking a post-graduate course at the Psychiatric Hospital, Toronto. Miss Ann Flemming (M.G.H., 1939) has taken a position on the staff of the Ontario Hospital, Whitby, Ontario. Miss Elizabeth MacPherson (M.G.H., 1939) is doing general duty nursing at the Royal Victoria Montreal Maternity Hospital.

Married: Recently, Miss Jean King (M.G.H., 1932) to Lieut. Edgar W. Pickard, R.A.M.C.

Married: Recently, Miss Eva Moulton (M.G.H., 1937) to Mr. Raymond F. Churchey.

Married: Recently, Mrs. Dorothy Jones (née Welling) to Mr. Eldon Carlson.

Royal Victoria Hospital:

Miss Nell J. Enright has been appointed Matron at the C.A.S.F. Technical Training Centre at St. Thomas, Ontario. Miss Kathleen King (R.V.H., 1924) and Miss Elizabeth Lyster (R.V.H., 1932) have joined the American Scandinavian Field Hospital and have sailed for Finland. Miss Fanny Munroe recently entertained at tea in honour of the Montreal nurses of Number 1, Neurological Hospital, R.C.A.M.C.

Married: Recently, Miss Helen Preston (R.V.H., 1939) to Mr. Floyd Robert Glass, Jr.

QUEBEC:

Jeffery Hale's Hospital:

At the April meeting of the Alumnae Association of Jeffery Hale's Hospital, a very interesting talk on war gases, their effect and treatment, was given by Mrs. L. Dube, Q.A.I.M.N.S.R.

Miss P. Rand (J.H.H., 1936) has accepted a position as stewardess with the T.C.A.

SASKATCHEWAN

SASKATOON:

Ninety-nine nurses registered for the refresher course held recently in Saskatoon. Different centres within the Province (and even some from elsewhere) were represented. Meetings were held at St. Paul's Hospital and at the Saskatoon City Hospital. The first session was opened by an address by Dr. Arthur Wilson, medical health officer, on "Work in a City Department of Health". Miss R. M. Simpson, Director of Public Health Nursing Services, and some members of her staff were welcome visitors. Miss Simpson spoke on general principles in public health nursing. Nurses representing different branches of public health activities then made enlightening contributions by outlining special phases of public health nursing. A demonstration of duodenal suction drainage; an interesting case study on leprosy; addresses dealing with the new specifics; protection vaccination in tuberculosis made the programme a stimulating one.

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One of the highlights of the course was the address given at the banquet when Professor Simpson of the University of Saskatchewan, spoke on a "Clinic in Europe" and skilfully portrayed the present European situation in truly professional terms.

SASKATOON:

The annual meeting of the Saskatoon Registered Nurses Association was held on April 1, and Miss Jean Whiteford, supervisor of the Victorian Order of Nurses, was elected as president. The following are members of the executive: First vice-president, Miss May Reid; second vice-president, Miss Annie Meadows; secretary, Miss Eva Hamilton; treasurer, Miss Margaret Grant; councillors: Rev. Sr. A. Herman, Miss E. Amas, Miss M. Chisholm, Miss G. McDonald, Miss M. Finlayson, Miss J. Armstrong.

SASKATOON:

A gay and interesting social affair took place recently when the City Hospital Alumnae entertained their friends at their annual spring frolic. Patronesses of this enjoyable dance were Mrs. H. C. Whitemarsh and Miss E. Amas.

Miss Shirley Barber (S.C.H., 1937) has been accepted as an air stewardess by United Airlines in the United States. Miss Barber is at present in Chicago taking a training course. Miss Norma MacDonald (S.C.H., 1938) has completed a post-graduate course in obstetrics at the Royal Victoria Hospital and is now on the staff at the Ottawa Civic Hospital.

Married: Recently, Miss Margaret Findlay (S.C.H., 1932) to Mr. Lorin Drennan.

Married: Recently, Miss Dorothy Jamieson (S.C.H., 1934) to Mr. George Fenty.

MOOSE JAW:

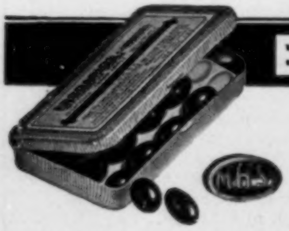
Moose Jaw General Hospital:

Miss Laurena McColl (M.J.G.H., 1939) was recently appointed provincial public health nurse at North Battleford. Miss Jean Getty (M.J.G.H., 1939) and Miss Dot McLean (M.J.G.H., 1939) have returned from a holiday in California. Miss McLean has accepted a position as staff nurse in the C.P.R. Clinic. Miss Marjorie Powell (M.J.G.H., 1928) was recently married to Mr. Hyla Hudson. Her former position as night supervisor has been filled by Miss M. Ballard (M.J.G.H., 1938). Miss Marion Tomlinson (M.J.G.H., 1938) who recently returned from England, has been appointed to the nursing staff of the Regina Military Hospital. Miss Uldene McNabb is doing special duty after a holiday spent in California.

OVERSEAS NURSING SISTERS ASSOCIATION

Kingston Unit:

The annual meeting of the Overseas Nursing Sisters Association, Kingston Unit, was held recently at the Kingston General Hospital with the president, Miss Mabel A. Bonter, presiding. Officers for the coming year were elected as follows: President, Matron Louise McDonald; vice-president, Mrs. John Willoughby; secretary-treasurer, Miss Olivia M. Wilson; visiting committee, Miss Ann Baillie. Tea was served and the club had as its guests the C.A.S.F. Sisters who are on duty at R.M.C. and the Military Hospital.



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